



# Community Newsletter

## September & October

### Important Dates

**September 1**—Labor Day,  
COA office Closed.

**September 7**—Grandparents  
Day

**September 11**—Patriot Day

**September 18**—Senior Expo

**October 1**— Breast Cancer  
Awareness Month.

**October 5**— World Teachers'  
Day

**October 11**—World Hospice  
and Palliative Care Day.

**October 31**—Halloween



### Contact Us

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

### Connect with us

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

[www.wexfordcoa.org](http://www.wexfordcoa.org)

[Facebook.com/wexfordCOA](https://www.facebook.com/wexfordCOA)

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



### *Fall in Love with These Seasonal Getaways*

**Cooley Bridge roadside park:** Along M-55 in Wellston, at the Pine River crossing, take a scenic boardwalk under the Cooley Bridge viewing the Pine river

**Cadillac Winery:** Located at **17480 18 Mile Rd, LeRoy**. About 15 miles south of Cadillac, this family-owned winery and vineyard features live music on Saturday nights and an outdoor patio. They produce a variety of wines, including Riesling, Dornfelder, Gruner Veltliner, and fruit wines. You can enjoy wine tastings, yoga and wine events, and even rock painting classes.

**Heritage Nature Trail:** Located at **2506 North Blvd, Cadillac**. An easy, handicap accessible, well-groomed trail featuring boardwalks and bridges, with abundant wildlife.

**Pahl's Country Store:** Located at **11168 N M-37, Buckley**. Seasonal fun for the entire family. Wagon rides, barrel train rides, and concessions on the weekends. They are also famous for its all-natural meat from their Buckley farm.

**Coyote Crossing Resort:** Located at **8593 s 13 Rd, Cadillac**. Grab a bite to eat in the heart of the Manistee National Forest, Coyote Crossing features an awesome food menu plus plenty of beer and craft spirit options.

**Big Manistee River Access** Located at North Coates Hwy, Harrietta. Get out and stretch your legs along this beautiful Manistee River access point and walk on the Red Bridge which is the largest wooden suspension bridge in the Lower Peninsula. Giving you all the fall color views along the river basins.

**Hodenpyl Dam Scenic Turnout:** Located along M-37, South of Mesick. You will come across a turnout overlooking the dam and see the panoramic fall color views.

**Norman's Farm:** Located at **22735 20 Mile Rd, Tustin**. About a 15-minute drive southwest of downtown Cadillac via US-131. Since 1889, the farm has been growing quality produce. During the fall, it also sells gourds, pumpkins, and squash.



### *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**

### **Celebrating Our Legacy, Connecting Our Community**

This September marks a remarkable milestone, 50 years since the Wexford County Council on Aging was established. As someone new to the organization, it's been a joy to explore its rich history and hear the many stories of how Wexford COA has grown and evolved over the decades. It's clear that this organization has made a lasting impact on the lives of seniors in our community.

To celebrate this legacy, we invite you to join us at our Senior Expo on September 18th. Whether you're seeking support with transportation, housing, health services, financial assistance, social activities, or volunteer opportunities, the Expo brings together a wide variety of organizations ready to help. It's a valuable opportunity to gather information, ask questions, and discover resources you may not have known were available. No matter where you are in your aging journey, there's something here for you.

While the chance to meet representatives in person is a bonus, the heart of the Expo lies in the wealth of knowledge and support you'll find in one place. Our goal is to make it easier for you to connect with services that can enhance your quality of life.

Our team has been working hard all year to make this event meaningful, informative, and enjoyable. We're excited to welcome you and celebrate this milestone together. For more information, please check out page 6 & 7 visit our website, or call our office. We can't wait to see you there!

Georgie Bump, Executive Director

### **Services Offered by Wexford County Council on Aging**

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

For More Information  
**Please call (231) 775-0133**

### **WE VALUE YOUR FEEDBACK!**

Visited Wexford COA recently  
or have COA services?  
We'd love to hear from you.



Scan the QR code  
to share your  
thoughts.



Your input helps us enhance  
programs, services, and events  
for older adults in our community.

**Thank you for being part  
of Wexford COA!**

### **Wexford County Council on Aging Board Members 2025**

**Director:** Georgie Bump  
**Chair:** Bob Colvin  
**Vice Chair:** John MacLeod  
**Treasurer:** William Potvin  
**Secretary:** Catherine Best

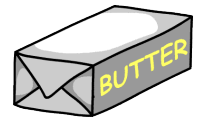
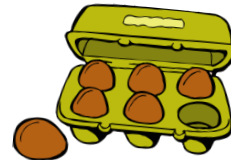
Ruthann French  
Jane Leveque  
Gary Taylor  
Calvin Reynolds  
Alexander Mallory  
Mary Curtis

## Wexford Council on Aging Celebrates 50 Years!

Since 1975, so much has changed especially the cost of everyday items! Back then, prices on merchandise and produce were just a fraction of what they are today. Lets take a look back at some of the most popular items and their prices from 1975. You might be surprised at how far a dollar used to go!

### In 1975

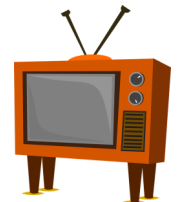
- The average price of a new car was around \$4,750.
- A pack of cigarettes in the United States typically cost around \$0.47.
- Average price of a gallon of regular gasoline in the United States was about \$0.57.
- A half-gallon of milk cost around \$0.78
- A pound of butter was about \$1.03.
- A dozen eggs cost approximately \$0.61.
- The median price for a new home was \$39,300.
- The federal minimum wage was \$2.10 per hour.
- The average price of a movie theater ticket was around \$2.00.
- A 6-piece oak bedroom set cost \$895, upholstered living room chairs were \$140-\$187 each, and recliners ranged from \$130-\$260 each.
- A whole house air conditioner (Carrier) cost \$895 installed, a Waring blender was \$19.95-\$25, and a Hoover upright vacuum cleaner was \$54.95-\$69.



### Fun Flashback: Popular 1975 Products

Sony Betamax VCR around \$2,300 (a luxury item!) McDonald's Big Mac, about \$0.65

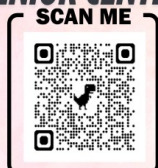
Barbie Doll, around \$2.50 Color TV (19"), about \$400



**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. **Scheduling a Ride is Easy!**

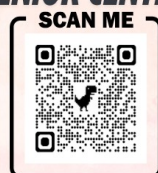
Call us at **231-779-0123** For more information, visit us at [www.wexexpress.us](http://www.wexexpress.us)

Cadillac  
**SENIOR CENTER**



Newsletter

Manton  
**SENIOR CENTER**



Facebook

## SNOWPLOW PROGRAM – WINTER 2025/2026

Snow season is just around the corner! The Wexford County Council on Aging is once again offering its Snowplow Program for the 2025/2026 winter season.

This is a **COST-SHARE SERVICE** based on household income, with a **ONE-TIME FEE** for the entire season. Proof of income is required.



Sign-up begins October

Call 231-775-0133 to get on the list Page 3



## MEDICARE SAVINGS

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

You may qualify if:

- **Single:** Monthly income of \$1,762 or less and assets less than \$11,460.
- **Married:** Monthly income of \$2,379 or less and assets less than \$17,470.

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:

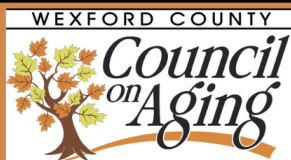
- **Single:** Monthly income of \$1,956 or less and assets less than \$17,600.
- **Married:** Monthly income of \$2,664 or less and assets less than \$35,130.

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.

## Open Enrollment Important Updates

Medicare's Open Enrollment Period occurs each year from October 15, through December 7th. 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.

Would you like a Medicare Drug plan renewal? Call COA and request a form to be mailed or picked up. Please complete both sides of the Open Enrollment form for a plan review with accurate information. Once we receive your completed form, it will be dated and processed in the order it was received. The Medicare counselors will contact you based on this order. **"No appointments will be scheduled"**. Please keep in mind that Open Enrollment is a very busy time for our Medicare counselors. We assist hundreds of individuals during this period, and we truly appreciate your patience and understanding as we carefully work through each submitted form. Our team is committed to providing thorough and personalized support, and your cooperation helps us serve everyone as efficiently as possible. Thank you— WCCOA



**231-775-0133**

**Contact us for more information!**

## MI CHOICE. YOUR CHOICE.



Area Agency on Aging  
of Northwest Michigan  
Dignity. Independence. Choice.

Do you have a loved one, friend or neighbor that wants to remain living at home as they age? The MI Choice Waiver Program is an alternative for receiving long term care in your home.

Designed for adults 65 and older and adults 18 and older with a disability who are medically and financially eligible. Call us today to see if you qualify.

We can also help you...

- Sort through the options
- Make arrangements for your care
- Help plan for your future care

# Local Surrounding Events or Workshop Classes

## Cadillac Book Fest

**Date:** Saturday, September 6th

**Time:** 10:00am—4:00pm

**Location:** Downtown Cadillac at the Commons Market across from the city park.

Sponsored by the Friends of the Cadillac Library and the Cadillac Wexford Public Library

Come meet and greet with some of Michigan's Local known Arthurs!



## Cadillac Hay Days -Westside Style Saturday, October 4, 2025

Celebrate the season with a day full of family-friendly fun and fall festivities, including:

Craft Show with over 40 vendors

- ◇ Hay Maze
- ◇ Mobile Zoo
- ◇ Scarecrow Making

- ◇ Touch-a-Truck
- ◇ Trick-or-Treating
- ◇ Food Vendors
- ◇ Caramel Corn



For more information, or to help volunteer, please contact Kevin Dewey at [kdewey@chicostacohouse.com](mailto:kdewey@chicostacohouse.com)

## Cadillac Senior Center Support Groups

- Parkinson's Support Group 4th Tuesday of the month at 1pm.
- Dementia Awareness Support Group for Caregivers 4th Tuesday of the month at 3pm.

<https://cadillacseniorcenter.wixsite.com/cadillac>

**Visit Cadillac Senior Center Website & Newsletter for their full calendar of events.**

Sept  
10th



### Lunch & Learn

**Date:** September 10th

**Time:** 11:30am-1pm

**Location:** Cadillac Senior Center  
RSVP to 231-779-9420

Join Margo Jacobs for a lighthearted twist on the traditional obituary!

In this unique and humorous workshop, Margo will guide participants in crafting obituaries that celebrate life with wit and charm. Lunch will be generously provided by Hospice of Michigan, Curry House, and Scott Stahl.

**Contact: Email** [margojacobs@charter.net](mailto:margojacobs@charter.net) or 231-920-9201

Oct  
8th



### Lunch & Learn

**Date:** October 8th

**Time:** 11:30am-1pm

**Location:** Cadillac Senior Center

Self-defense class led by, Joe Grzybowski.  
Learn essential techniques to protect yourself in

challenging situations.

It's always better to be prepared. I highly encourage everyone to attend this valuable session.

**Contact:** Cadillac Senior Center at 231-779-9420. For more information, Joe at 231-253-2204 or email [joe@northwoodsmi.com](mailto:joe@northwoodsmi.com). Lunch provided by Maple Ridge Living Center.

## Food Drive & Movie Night!

**Date:** Friday, September 19th

**Time:** Movie starts at 7:30pm

**Location:** Cadillac Rotary Pavilion



Help us fill the shelves of the local Salvation Army

food pantry by bringing a non-perishable food item as your "ticket" to join us for this free outdoor movie, "Inside Out 2".

Don't have a food item to bring? No worries! Everyone is welcome, come enjoy the fun!

# Senior Expo 2025

Get ready for the ultimate "Through the Decades"

Senior Expo 2025. Join us on Thursday, September 18<sup>th</sup>, 10am-2pm

## Learn About Elder Law

Discover how Elder Law can help with:  
Estate planning, Medicaid & long-term care,  
Wills & trusts and, Protecting  
your assets. Local experts will be  
available to answer your questions.



## Nursing homes and assisted living.

Learn about the care, comfort, and community offered  
by nearby senior living facilities like, Grand Oaks,  
Sunnyside Senior Living, Curry House and the Brook  
Retirement communities.



600 Denmark St, Baldwin, MI 49304  
(231) 745-4648

## Enjoy Free Coffee at the Senior Expo!

Enjoy fresh-roasted coffee from Chunky Bear Coffee Roasters, a cozy  
local shop in Downtown Cadillac known for quality brews and warm vibes.  
Generously donated by Daybreak.

**Family Health care**—Stop by their booth to learn about local  
health services, wellness programs, and how they support  
seniors in our community




## Stay Active, Stay Healthy!

Learn how to keep moving with tips from  
the YMCA and local Senior centers.  
Discover fun, low-impact ways to stay fit!


## Celebrating 50 Years!

Join us in honoring the 50th Anniversary of  
Wexford Council on Aging. Half a century of  
connection, resources, and community.

 Dress to Impress at the Senior Expo!

Come in your best outfit and explore the fun!

 Vote for your favorite decorated booth!

 2025 Senior  
Expo Menu  
Combos

#1 A) Soft Ground Beef Taco,  
Chips/Salsa and Rice. Or B) Soft  
Chicken Taco, Chips/Salsa and  
Rice

#2 A) Ground Beef Taco Salad,  
Chips/Salsa and Rice. Or B)  
Chicken Taco Salad, Chips/Salsa  
and Rice

#3 A) Hotdog, Potato Chips, Fruit  
Cup. Or B) Chili Dog, Potato Chips,  
Fruit Cup

#4 Chicken Salad Wrap, Potato  
Chips, Fruit Cup

Pop/Water – \$1.00 Combos \$6.00





# Thru the Decades

Join us at the Wexford Civic Center for a journey through time, bringing back nostalgic vibes and fun from every era.



**wexexpress**

Cadillac/Wexford Transit Authority

## Need a Ride to the Senior Expo?

Wex Express has you covered!  
call **231-779-0123** to schedule your ride.



## Seasonal Vaccines with Sam's Club!

Stay healthy—stop by Sam's Club Pharmacy!



## Learn about services from your Council on Aging's and nearby senior centers.

From meals to activities and wellness, there's something for everyone! Stop by and see what's available for you, or your loved ones!



**Wexford-Missaukee-Manistee Counties**

## Connect Across Generations!

Come learn fun and meaningful ways to bond with your grandkids. Discover tips, activities, and insights to strengthen your relationship!



## 👏 Explore Volunteer Opportunities!

Stop by to learn how you can get involved in your community.

Local organizations are looking for helping hands. Find the right fit for you!

**Missaukee County Commission on Aging**




2170 S. Morey Road  
Lake City, MI 49651  
(231) 839-7839  
[www.missaukee.coa.org](http://www.missaukee.coa.org)

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**WM** **WEST MICHIGAN CREDIT UNION**  
A Division of WMCU

 **Door Prizes at the Senior Expo!**  
Stop by, sign in, and you could win one of our exciting giveaways!  
Prizes donated by local businesses



*Hello! My name is Richard Shults and I was invited to contribute a history article in this newsletter. I wanted to take a moment to introduce myself. I've been with the movie theater in town since 2001 and have had a lifelong interest in history. This led to my first book, "The Theaters and Opera Houses of Cadillac, Michigan" for the Lyric/Cadillac 4's 100th anniversary in 2018. I've been involved with the WCHS since around 2016 or so, have done history presentations at the library, WCHS, and local events and am currently working on a 150th Anniversary book for Clam Lake, serving as President on the 150th Committee, and giving tours through Cadillac Michigan Historical Tours.*

As of writing this, the hottest of the Dog Days of Summer have hopefully passed us by. That part of summer was given that nickname by the Romans who were referencing when Sirius, the Dog Star, was prominent in the sky and thus became associated with heat and drought and the many societal problems that can bring. Presently, most people wanting to escape the stifling heat just go into their air-conditioned living rooms; but in the grand scheme of things wide-spread air conditioning is a relatively new invention. Into the 1950s movie theaters like the Lyric and the Center proudly advertised it had air conditioning to draw in customers. That leaves a question; what did our Cadillac ancestors do when the heat became too much? The answer depends on your financial resources! Most of our ancestors toiled and had hard lives with daily jobs that needed to be done or the family unit would not function. The need for water, food, clothing, cleaning, and money did not take vacations and there was not any PTO time to draw on and because of those limitations most of our ancestors just dealt with the heat by taking a break under a shade tree, hopefully with a cool drink, and fanning themselves using a small personal hand-held fan before having to go back to work. If you had some time off due to Holidays or church Sundays, you could visit the shade in the City Park

or take a stroll by the lakeshore although there was much less space to enjoy then due to the sawmills. Ice Cream socials were very popular at local churches when it could be made/sourced. They were usually a donation included to the host for the ice cream and music featured for the guests to socialize. If you were a child, while taking a break from a neighborhood baseball game, you hoped that when the ice man came by, he may toss you a chip of ice from his carriage as he made his rounds.

There were steamer ships sailing the lakes then which could take you on an afternoon joy ride and bring you to areas like Taylor's Grove (Kenwood), or Idlewild (the area between the lakes). A resort named Twin Lake Park was started at Idlewild in 1883 by Mart Evart and the 4th of July celebration in 1887 said almost a thousand people visited the area, "though they didn't indulge in any spread-eagle oratory."

The slightly more well to do may take a week or two and go spend time at the places above, or areas on Lake Mitchell that became known by unique names like Doxie Point, White Sands, Spencerville, or Saugatuck. The winds from the lakes providing natural air conditioning. These resorts can really be considered the spiritual predecessor of what Cadillac West would become.

As one of those people who would probably be toiling as opposed to vacationing in Spencerville, I am glad A/C has become much more common!

*If you like history, please check out Cadillac Michigan Historical Tours on Facebook. Our next upcoming presentation is Oct 14th at 6 PM at the library (The Dark Side of Cadillac), and two days of cemetery tours on Oct 11th and Oct 25th. The 150th Committee meets on the first Tuesday of the month at 6:30 PM at the Masonic Hall in Cadillac. Any questions, please feel free to reach out to me at 231-360-3185 or by email at thetheaterdante@gmail.com.*



# KISS CADILLAC

## OCT 9-12TH 50TH ANNIVERSARY

★★★★★★★★★ 1975-2025

Learn More At:  
**KISSCADILLAC.COM**  
 CADILLAC VISITORS BUREAU

231-775 0657.

**Thursday, October 9th**

KISStory Tour Stops and Downtown Displays  
 & Cadillac KISS50 Wexford Historical Museum Exhibit

**Friday, October 10th**

Cadillac Viking Game Day & KISS50 Football Tailgate  
 at Veterans Memorial Stadium with KISS themed Drone Show

**Saturday, October 11th**

KISS50 5K Race  
 Cadillac KISS50 Rockumentary Viewing  
 Mr. Speed Concert at The Venue

**Sunday, October 12th**

KISS Cadillac Golf Outing  
 KISS Bingo at MI Mezcal

**WE WILL BE  
 CLOSED  
 LABOR DAY**

### Celebrating Labor Day

Labor Day is a special time to honor the hard work and dedication of all those who've helped shape our communities especially our seniors, whose years of service and contributions continue to inspire us. Whether you're enjoying a quiet day of rest or spending time with loved ones, we thank you for all you've done and continue to do. Happy Labor Day!



SCAN TO BUY A TICKET  
 OR DONATE!



Our previous Advocate, Deb Simon, and her husband Jay are taking part in the Cadillac Area YMCA Dancing with the Y Stars! Even though she can't spill the beans and tell you what song they're dancing to, she guarantees you'll recognize it because she used to dance to it with her mom when she was a kid! All the money they raise goes to the YMCA youth programming and financial assistance program. If you're interested in tickets please reach out to the YMCA and let them know you'd like tickets to support Deb and Jay! Or you can even make a donation using this QR code!

★ [www.cadillacareaymca.org/dancing-with-the-y-cast/](http://www.cadillacareaymca.org/dancing-with-the-y-cast/)  
 ★ ★ 231 - 775- 3369

**Dancers**



Deb & Jay Simon

**Choreographer**



Bridget Coffee

**MCCURDY  
 WOTILA &  
 PORTEOUS**

**"Ask the Elder  
 Law Attorney"**

**Have questions  
 about wills,  
 trusts, Medicare, or  
 long-term care?**

Each month, one of our readers' questions will be answered by **Alex Mallory**, Elder Law Attorney with McCurdy Wotila & Porteous, and a valued member of our board of directors.

**To submit your question:**

Email: [info@wexfordcoa.org](mailto:info@wexfordcoa.org)

Or drop it off at COA office  
 Please keep questions brief and general so they can benefit all readers!

**Please ensure your address is current. Our newsletters are not forwarded and are returned to us at a cost. Kindly notify us of any address changes or if you wish to cancel. Thank you for being a valued subscriber!**





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## RESOLVE FAMILY CONFLICTS

Have a guided and productive conversation  
 where everyone is heard and compromise is  
 found.

### COMMON CONFLICTS

- Assistive Housing
- Support Services
- Power of Attorney
- Driver's License
- Guardianship
- Conservatorship
- Inheritance
- Property Deeds

### CONTACT US

231-941-5835

www.CRSmediationTC.org







## 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.



(231) 429-7234



[ESTATEPRESERVATION.COM](http://ESTATEPRESERVATION.COM)



BEFORE & AFTER



BEFORE & AFTER

### PROPERTY PRESERVATION & TRANSITIONAL ESTATE SERVICES

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or  
Ralph Osuch  
815-514-3171  
[ralph@acleanstart.net](mailto:ralph@acleanstart.net)





## Certified Community Advocate

The COA Advocate **Sheri** helps seniors problem solve: exploring options and choices available; supporting them in accessing resources and services to meet their needs.

There are many resources available in Wexford County for seniors and the Advocate stays aware of those resources by collaborating with as many other organizations as possible.

### Our Advocate helps seniors with things such as:

- ⇒ Applying for food benefits and state emergency relief through the Michigan Department of Health and Human Services.
- ⇒ There are many helpful resources available in our community for seniors, including home repair assistance, housing options, food programs, guardianship, provide documents for wills and power of attorney, legal resources, no-cost cell phones, and more.
- ⇒ Helping seniors access on-line systems, or understanding paperwork they receive, that is required for services they are eligible for.
- ⇒ Applying for Home Heating Credits and Property Tax Credits.
- ⇒ Speaking with other organizations on behalf of/with senior to make process of obtaining resources smooth and less stressful.
- ⇒ Advocate is a licensed notary with the State of Michigan.

**Give Sheri a call 231-775-0133** or send her an email [spefley@wexfordcoa.org](mailto:spefley@wexfordcoa.org) if you are needing assistance.

## Healthy Fall Recipes

### Recipe for Pumpkin Oatmeal

#### Ingredients:

- 1 cup old fashioned rolled oats
- 1 1/2 cups almond milk
- 2 tablespoons pure maple syrup,
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground allspice
- 1/8 teaspoon ground nutmeg
- 1/2 cup pumpkin puree (NOT pumpkin pie filling)

- 1/4 teaspoon kosher salt

#### Directions

To a large microwave-safe bowl (pick one larger than you think you need as the oats will bubble up), add the oats and milk. Microwave on high for 2 minutes, or until oats are cooked through.

Remove the bowl from the microwave. Stir in the pumpkin, maple syrup, cinnamon, ginger, allspice, nutmeg, and salt. Adjust spices to taste and serve with toppings like milk, Greek yogurt, fruit, or nuts and seeds as desired.



### Turkey Sandwich with Cranberries

You might think of this as a “Thanksgiving leftovers sandwich,” but it’s delicious any day of the week!

#### Ingredients

- 2 slices of whole-grain bread
- 4-5 slices of turkey breast (about 3-4 ounces)
- 2 lettuce leaves

- 2 tbsp cranberry spread (choose your favorite!)
- 1-2 slices of tomato (optional)
- 1 tablespoon mayonnaise (optional)

Layer the sandwich ingredients to your liking, and enjoy!



The summer was a hot one, more like it used to be when I was young and the summer days seemed endless. Now we are entering a new season with hopes of a pleasantly long fall before the winter snow falls. I also am entering a new season of my life. I plan to retire from my volunteer work of facilitating the low vision support group here at the WCCOA.

I retired in 2000 (I was a massage therapist) and moved to Cadillac. I attended my first low vision support group meeting at the WCCOA in 2002. The group was small and in need of a facilitator, so I volunteered. I had lived in Portland, in Ionia County, and had facilitated the Ionia County low vision support group as part of my volunteer work with the Association for the Blind and Visually Impaired, a private agency based in Grand Rapids. For those who do not know me, I have been legally blind since I was 30 due to retinitis pigmentosa, a progressive degeneration of the retina. It is genetic and there is no cure at this time. My gradual vision loss has allowed me to adapt slowly, giving me a lot of adaptive ideas to share.

I have enjoyed working with those who come to the meetings, encouraging them to remain independent and sharing our adaptations as we navigate the world with vision loss and low vision.

I am leaving the group in the capable hands of Sheri Pefley. Sheri is the Community Advocate at the WCCOA and has been attending meetings most of the current season. After the winter hiatus of December thru February, Sheri will be facilitating when the meetings resume in March of 2026.

### **Taking Library Book**

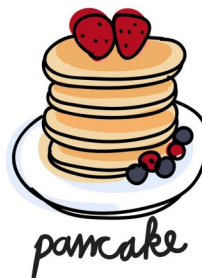
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### **Pancake Breakfast**



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