May 2021

The Messenger

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Cass County COA
Enhancing Life

(269) 445-8110 | CassCOA.org | facebook.com/CassCOA

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1971

Meals on Wheels Through the Years

Twenty twenty-one marks 50 years of Cass County COA's Meals on Wheels service to homebound seniors of Cass County. Home delivered meals were one of the first services provided by the COA in 1971; delivering 5,500 in the first year alone.

Eating a well-balanced diet is necessary for health, functionality, and the ability to remain at home in the community. For older adults, good nutrition can help maintain physical and immune function, prevent and manage chronic disease, support mental wellbeing and recovery from ill-health. As part of the Cass County COA's mission to provide services and programs to assist individuals to age and live well with dignity and independence, we provide a number of options to help older adults get the meals and nourishment they need.

With the addition of in-door dining at both COA facilities and the continued demand for Home Delivered Meals, we have been able to increase the availability of nutritious meals for our local seniors. In 2020, the Cass County COA delivered/served over 53,000 meals. We are extremely grateful for the hundreds of community members that have volunteered to deliver Meals on Wheels to those in need over the past 50 years, and for the residents of Cass County that have supported our programs and services.

Cass County COA Staff Contacts

CEO
Marty Heirty

Adult Day Service
Laura Jepkema

Care Services / Support Groups
Lori Hardy, RN

Charitable Giving
Kelli Casey

Computer Assistance
Hardik Ramparia

Elder Abuse / Senior Safety
Deputy MaKenzie Kreiner

Food Service
Kevin Stantz

Front Street Crossing
Kelli Casey

Human Resources / Volunteers
Danielle Dilts

Leisure Activities / Fitness / Facilities Rental
Sandi Hoger

Lifelong Learning / Handy Helpers
Leslie Vargo

Meals on Wheel / In-Home Care / Medicare Medicaid Assistance
Adrienne Glover

The COA is proud to partner with...

REGION IV Area Agency On Aging

Cover Image

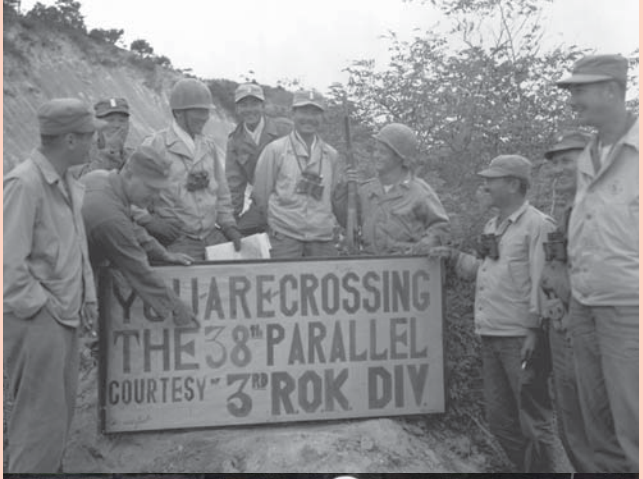
Medical Transport Driver, Floyd Groner has made sure Dale Lee made it to his weekly medical appointments all throughout the pandemic. If you would like more information about Medical Transportation, please call (269) 445-8110.

Korea: The Forgotten War

Last year marked the 70th anniversary of the Korean War. This three-year long conflict in Korea has been dubbed "the Forgotten War" over the years due to coverage being censored and being overshadowed by World War II and the Vietnam War.

Originally scheduled for last year, the reenactment will now take place from June 19 – 20 at 275 Upton Dr. in St. Joseph, Michigan. Some of the weekend highlights include battle reenactments plus a flamethrower; military displays with vehicles, weapons and supplies; special speakers; food booths; free rides on WWII watercraft; and a free Rolling Stones Tribute Band concert on Saturday. Please bring your own chair if you attend the concert.

As part of the anniversary remembrance, Board President of Lest We Forget, Larry Wozniak, will be at the COA Lowe Center on Thursday, May 20 at 1 p.m. to give a presentation about Korea: the Forgotten War. Be sure to call the COA at (269) 445-8110 to reserve your spot for this special talk.



Vaccines to Your Home

Covid-19 vaccines will soon be available for Cass County residents that are homebound. We anticipate this program starting in May. If someone in your home is unable to leave the house to receive a vaccine at the clinic locations, we will be happy to schedule a nurse to come to your home and administer vaccinations. Additionally, any members of the household who have been unable to get vaccinated will be able to get their shots at the same time. Please call Lisa at (269) 228-5519 to set up your appointments.

Just Fore You!

Do you love to play golf or would like to learn in a fun environment? Well, the new COA Senior Coed Golf League might be just right for you!

The goal of the COA Coed Senior Golf League is to promote the enjoyment of the game of golf by senior golfers and create a fellowship among its members through organized weekly play.

We welcome all senior golfers who find enjoyment in the game of golf and would like to meet other senior golfers. We will strive to have fun, meet new friends and play for prizes in a socially companionable environment without being highly competitive. You can join the league as a team or a single member.

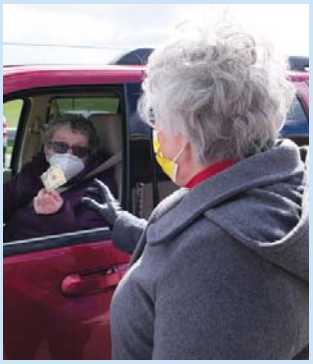
Please contact Marty at (269) 445-8110 or martyh@casscoa.org if you are interested.

Project Fresh Update

The COA is still planning to do Project Fresh this year. However, the state agency that oversees this program is running a little behind. Therefore, our signup will not be until June.

Since we do not have coupons yet, please do NOT start calling. Keep watch for next month's June Messenger for more information and dates. We are still hoping to have everyone signed up and all coupons distributed by the end of June. Thank you for your patience.

Easter
at the COA



Due to the current circumstances, volunteering options have been very minimal. Thank you to those who have stepped in when staff was unavailable.

Volunteers

Duane Adams
Diane Bonczynski
Linda Brossman
Linda Campbell
Robert Campbell
Lonnie Carlisle
Ginger Carlisle
Anne Colgan
Joe Colgan
Sue Decker
Jeff Downing
Robin Emenaker
Rosemary Gillam
Floyd Groner
Deborah Howes
Richard Howes
Ann Johnson
John Kelley
David Kring
Marcia Lofts
Ronald Lofts
Frank Maley
Vicki Maley
Pamela Moore
Nancy Pallas
Ruth Quigley
Jennifer Ray
Terry Ray
Carol Reich
Erma Skipper
Eileen Smith
Rick Sullivan
Susan Sullivan
Clarawayne Wolford
Carol Young

Volunteers listed are for the month of March, during which we had 35 active volunteers who contributed 1,563 hours of work. This would be equal to more than 9 full time staff positions.

Virtual Fitness Classes

by TAYLOR LEE
Certified COA Fitness Trainer

Have you ever attended a fitness class? For many, fitness classes are something they eagerly look forward to each week. These classes provide an opportunity to get fit while having fun and socializing. Despite the pandemic, you can still enjoy such classes.

Virtual fitness classes are being held by the COA. Many of our popular fitness classes that were once held in person are now being held virtually over Zoom. These classes include Cardio Challenge, S.E.A.T Class, Tai Chi, and Yoga. Each class is led by one of our knowledgeable COA fitness instructors. They're also currently free of charge, making it the perfect time to sample some of the various fitness options the COA has to offer right in the comfort of your own home.

For more information on these classes or to sign up, call the Cass County COA at (269) 445-8110. Until we're able to hold fitness classes in person again, we hope you'll join us online!

Hear the Whole conversation for Half the price!

The price of Hearing Aids is ridiculous! That's why we started the Affordable Hearing Store, so we could set our own prices and make them truly affordable!

We sell only top quality at the lowest prices

Check the "Calendar" in this issue for the dates and time of our Free Hearing Clinic.

Call: 269-281-9091 for prices or to schedule an appointment.

Huh? Affordable Hearing Store

Cassopolis - Elkhart - St Joseph
Mishawaka & Kalamazoo

CASS COUNTY
MedicalCareFacility

269-445-3801

23770 Hospital St.
Cassopolis, MI 49031

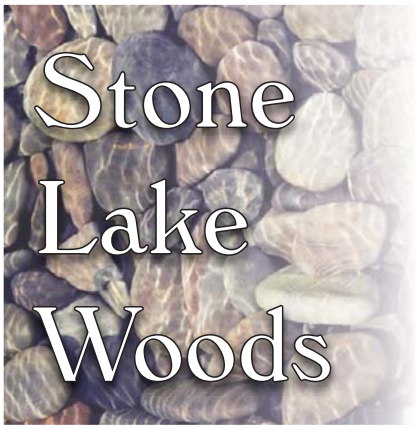
www.ccmcf.org

- State of the Art Skilled Nursing Facility providing professional care with compassion and respect
- Generously staffed in every department
- Located on 140 acres among woods and fields
- Variety of activities and home-cooked meals

CMS 5 Star Accreditation

Critters with Kevin

Internet Safety & Missing Persons



Standard & Accessible Units Now Available

One bedroom independent living apartments available for older adults (62 and older) & physically handicapped (55 and older).

Annual income not to exceed $26,400 for couples and $23,100 for single. Rent based on 30% of net income.

Rent includes heat, electric, water, trash, satellite TV, and a/c.

For more information, contact
Sheryl DeRyder, Manager
Stone Lake Woods, Inc.

335 W. State St.
Cassopolis, MI 49031

269-445-8040

Equal Housing Opportunity Affirmative Fair Marketing Plan

EQUAL HOUSING OPPORTUNITY

Being Happy When You Have the Blues

by DANIELLE DILTS
Human Resources Manager

The other day I was sitting there in my favorite pair of blue jeans, pondering all the things that make me happy. I then realized how content I am when I'm wearing blue jeans. This led me on a quest for more information about my beloved pants.

Interestingly enough, Levi Strauss and Jacob Davis received the patent for blue jeans on May 20, 1873, marking the birth of one of the world's most famous garments: blue jeans. Strauss was an established wholesale businessman importing goods and selling them in small stores all over the western states. Davis was a tailor and one of Strauss' regular customers.

In 1872, Davis wrote a letter to Strauss revealing his method of making work pants which included metal rivets on the stress points and a button fly to make them stronger. Davis was not nearly as well off as Strauss so he suggested that Strauss provide the funds and they would patent blue jeans together. Strauss agreed enthusiastically, and the patent for "Improvement in Fastening Pocket-Openings"– the innovation that would produce blue jeans as we know them – was granted to both men. The two men worked together creating jeans and overalls, transforming denim into what we know today.

Thanks to this duo, the world can enjoy these iconic pants in all different shapes, styles, and colors. Today it is nearly impossible to make it through the day without seeing someone wearing a pair, whether it is in person or on television. There even have been many songs written about them.

If you too are happy wearing your blue jeans, we would love to see you wearing them next time you stop in at the COA. Maybe your favorite pair of jeans has gotten a bit snug. It's okay, one of our fitness experts would love to help you reunite with them once again.

Smile, be happy and let's all have the blues together.

Hazardous Waste and Tire Collection

On Saturday, May 15 from 9 a.m. until noon, the Cass County Board of Commissioners is hosting a Household Hazardous Waste and Tire Collection at the Cass County Road Commission (340 N. O'Keefe St.).

Waste disposal will be free for the first 300 pounds per person and $1.74 per pound after that. Tires are free.

They are accepting used car and pickup truck tires only and until their trailers are filled. Waste items include things like electronics, chemicals, batteries, gasoline, break/transmission fluid, paints, insect/garden spays, and more.

Please note that latex paint is not hazardous and may be dried out and tossed with regular trash.

Old flags will be given to the VFW. Lions club will be given used eyeglasses and hearing aids.

Items NOT accepted...

- Major Appliances
- Used Motor Oil
- Propane Tanks Larger than 20lbs.
- Air Conditioners
- Fire Extinguishers
- Dehumidifiers
- Ammunition
- Fireworks
- Biohazards

You must be able to provide proof of Cass County residency for this event. For more information on this program, please call (269) 445-4420.

Respite Chore Service

We are proud to announce the Cass County COA received the Respite Chore Service Grant again this year. This money is available to assist older people in Cass County (60+ years) with summer chores. There is no cost.

The program will be available until September or until the funds have been exhausted.

Common chores include:

- Carpet Cleaning
- Washing Windows
- Deep Cleaning Bathrooms and Kitchens
- Minor Plumbing Repairs
- Cleaning Basements and Attics
- Limited Pest Control

Eligibility requirements:

- Must be at least 60 years of age
- Must have a Caregiver (someone who helps out and checks in on the older person)
- Must have less than $30,000 in saving, checking, retirement etc. (pensions and social security not included)
- Current Area Agency on Aging (AAA) clients are NOT eligible for this program.

If you know someone who may want to participate in this program, please have them call Bobbie or Danielle at (269) 445-8110 for more information. Don't wait as spots are filling up quickly and the program funds will not last.

Surrounding you with the care you need to remain in the home you love.

PACE (Program of All-Inclusive Care for the Elderly) is a unique alternative to nursing home care. PACE provides medical care and coordination, physical and occupational therapy, socialization and transportation services to older adults, enabling them to stay in their home and improve their quality of life.

For more information,
Call (269) 408-4322 option 3.

PACE
of southwest michigan

www.paceswmi.org

Stone Lake Manor
145 Stone Lake Street, Cassopolis

Now accepting applications.

Community room with fireplace and full kitchen, library, craft and fitness rooms.
Spacious one- and two-bedroom apartments are loaded with every amenity:

- Stunning water and wood views
- Intercom-entry building
- Emergency pull cords
- Elevator
- Professional on-site staff
- Barrier-free apartments available
- Seniors 62 years or older or disabled (regardless of age)
- Rent based on income if qualified - assistance available

Please call (269) 445-3333
TDD (800) 649-3777
for more information.

EQUAL HOUSING OPPORTUNITY

May 2021 Front Street Crossing Dowagiac

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo 5:45 pm Yoga (Zoom)	**4**	**5** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo	**6**	**7** 8:00 am Cardio Challenge (Zoom) 9:00 am Mother's Day Brunch 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am FSC Musicians 11:00 am Tai Chi (Zoom)	**1** 9:00 am Yoga (Zoom) **8** 9:00 am Yoga (Zoom)
10 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo 5:45 pm Yoga (Zoom)	**11** 12:00 pm Color Your World (Watercolor) 1:00 pm Read & Share Book Club	**12** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo	**13**	**14** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am FSC Musicians 11:00 am Tai Chi (Zoom)	**15** 9:00 am Yoga (Zoom)
17 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo 5:45 pm Yoga (Zoom)	**18** 1:00 pm Hollywood Treasures (Movie)	**19** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo	**20**	**21** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am FSC Musicians 11:00 am Tai Chi (Zoom)	**22** 9:00 am Yoga (Zoom)
24 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo 5:45 pm Yoga (Zoom)	**25**	**26** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 12:45 pm Bingo	**27**	**28** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am FSC Musicians 11:00 am Tai Chi (Zoom)	**29** 9:00 am Yoga (Zoom)
31 CLOSED for Memorial Day					Front Street Crossing Monday - Friday 7 am - 4 pm 227 S. Front St. Dowagiac, MI All Programs / Events REQUIRE Registration

May 2021 Lowe Center Cassopolis

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 10:00 am Quilting 11:00 am Tai Chi (Zoom) 5:45 pm Yoga (Zoom)	**4** 9:30 am The Stormy Night Writer's Society 1:00 pm Read & Share Book Club 1:00 pm Stroke Support Group 3:00 pm Line Dance Off Site Beginner Pickleball Skills (1 pm)	**5** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 10:00 am Computer Support 11:00 am Tai Chi (Zoom) 1:00 pm Bingo	**6** 10:00 am Drug Drop 1:00 pm Cass County Parks 2:30 pm Woodcarvers Off Site Shopping	**7** 8:00 am Cardio Challenge (Zoom) 9:00 am Knitting / Crochet 9:00 am Mother's Day Brunch 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 1:00 pm Bingo 1:00 pm Diabetes Support Group	**1** 9:00 am Yoga (Zoom) **8** 9:00 am Yoga (Zoom)
10 8:00 am Cardio Challenge (Zoom) 9:00 am Foot Clinic 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 1:00 pm Hollywood Treasures (Movie) 5:45 pm Yoga (Zoom)	**11** 9:00 am Hearing Clinic 1:00 pm Parkinson's Support Group 3:00 pm Line Dance Off Site Beginner Pickleball Skills (1 pm)	**12** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Shredding 10:00 am Computer Support 11:00 am Tai Chi (Zoom) 1:00 pm Bingo 1:00 pm Caregivers Support Group	**13** 1:00 pm Grief Support Group	**14** 8:00 am Cardio Challenge (Zoom) 9:00 am Knitting / Crochet 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 1:00 pm Bingo	**15** 9:00 am Yoga (Zoom)
17 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 10:00 am Quilting 11:00 am Tai Chi (Zoom) 5:45 pm Yoga (Zoom)	**18** 9:30 am The Stormy Night Writer's Society 1:00 pm MS Support Group 3:00 pm Line Dance Off Site Beginner Pickleball Skills (1 pm)	**19** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 10:00 am Computer Support 11:00 am Tai Chi (Zoom) 1:00 pm Bingo 1:30 pm Legal Clinic	**20** 1:00 pm Lest We Forget 2:30 pm Woodcarvers 3:30 pm Cass Area Artists Off Site Hike with a Naturalist at Lawless Park (3 pm)	**21** 8:00 am Cardio Challenge (Zoom) 9:00 am Knitting / Crochet 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 1:00 pm Bingo 5:30 pm BBQ Food Truck (Concert) 7:00 pm Summer Concert	**22** 9:00 am Yoga (Zoom)
24 8:00 am Cardio Challenge (Zoom) 9:00 am Foot Clinic 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 5:45 pm Yoga (Zoom)	**25** 9:00 am Hearing Clinic 3:00 pm Line Dance Off Site Beginner Pickleball Skills (1 pm)	**26** 8:00 am Cardio Challenge (Zoom) 9:00 am S.E.A.T./Stretch Class (Zoom) 10:00 am Computer Support 11:00 am Tai Chi (Zoom) 1:00 pm Bingo 1:00 pm Caregivers Support Group	**27**	**28** 8:00 am Cardio Challenge (Zoom) 9:00 am Knitting / Crochet 9:00 am S.E.A.T./Stretch Class (Zoom) 11:00 am Tai Chi (Zoom) 1:00 pm Bingo	**29** 9:00 am Yoga (Zoom)
31 CLOSED for Memorial Day					Lowe Center Monday - Friday 7 am - 4 pm 60525 Decatur Rd. Cassopolis, MI All Programs / Events REQUIRE Registration

LC Lowe Center

FSC Front Street Crossing

N In Your Neighborhood

Online / Zoom

Arts & Entertainment

LC CERAMICS MADE EASY

Postponed until further notice.

FSC COLOR YOUR WORLD *(Watercolor Class)*

Cost: $18
Registration is required one week in advance.

Join us as instructor Roy Hruska, teaches the basics of watercolor. Participants will create a piece of art work to take home; similar to a wine and canvas event minus the wine. May's watercolor is "Rock City."

Front Street Crossing
Tuesday, May 11
12 - 3 pm

LC FRUIT BELT WOODCARVERS

All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome.

Lowe Center
Thursdays, May 6 & 20
2:30 - 5 pm

LC FSC HOLLYWOOD TREASURES *(Movie)*

May's feature is ***Trouble with the Curve***.

Despite the talk of his failing eyesight, one of the greatest baseball scouts must prove that he still has what it takes to continue. Now that his estranged daughter has been tasked to go along with him, he must try and overcome his troubles both on and off the field if he wants to keep his job and not lose his daughter again.

Starring Clint Eastwood, Amy Adams, & Justin Timberlake.

Free movie *(closed captioned)*, individual bag of popcorn, and water.

Lowe Center
Monday, May 10
1 pm

Front Street Crossing
Tuesday, May 18
1 pm

LC KNITTING & CROCHETING

This wonderful and social group creates lots of things from yarn, and they donate many items to local charities. They will also teach newcomers. Yarn donations are welcome.

Please remember to wear your mask and to social distance.

Lowe Center
Fridays
9 am - 12 pm

LC QUILTING

All quilters and learners are welcome to join. The group creates and teaches.

Lowe Center
Mondays, May 3 & 17
10 am - 4 pm

Computers & Technology

LC COMPUTER SUPPORT

Appointment ONLY

Are you having computer issues? Help is available with the COA's IT Specialist Hardik Ramparia.

Lowe Center
Wednesdays
10 am - 2 pm

LC FSC COMPUTER USE

Several public-use computers are available for use during normal business hours. Please check in at the front desk prior to accessing.

Lowe Center
Mondays - Fridays
8 am - 4 pm

Front Street Crossing
Mondays - Fridays
8 am - 4 pm

FITNESS & EXERCISE

FITNESS CENTER

Appointment ONLY
Masks are REQUIRED.

Our Fitness Centers are open but due to the limited number of people currently allowed, you MUST sign up for a time slot 24 hours in advance. Time in the room is limited to 45 minutes beginning on the top of the hour.

Lowe Center
Mondays - Fridays
7 am - 3:45 pm

Front Street Crossing
Mondays - Fridays
7 am - 3:45 pm

BEGINNER PICKLEBALL SKILLS

Learn the basic skills of Pickleball, one of the fastest growing sports in America.

What is Pickleball? It is a paddleball sport that combines elements of tennis, badminton, and table tennis. It is insanely fun, very social, and offers great exercise.

Join us each week to find out more about this silly named sport.

Class will be held outdoors. Basic equipment will be provided, but you are welcome to bring your own.

Instructor: Duane Adams

In Your Neighborhood
Diamond Lake Yacht Club -
21268 Shore Acres Rd.
Cassopolis, MI
Tuesdays
1 - 3 pm

CARDIO CHALLENGE

Challenge your entire body at home with a low-impact, high-energy combination of cardio, strength training, balance, and mat exercises.

Instructor: Ky'sha Mitchell

Please call to get Zoom access to this class. *(If you need help accessing or figuring out Zoom, be sure to contact the COA.)*

Online / Zoom
Mondays, Wednesdays, Fridays
8 - 8:45 am

LINE DANCE

Line dancing is a fun way to get exercise with your favorite music. Join us for free. Please remember to wear your mask and to social distance.

Instructor: Fran Yeager

Lowe Center
Tuesdays
3 pm

MARCELLUS MOVES

Postponed until further notice.

TAI CHI

Improve your posture, strength of hips, thighs and core with this gentle mind body exercise. Good for arthritis, blood pressure and sense of well-being.

Instructor: Glenda Gibson

Please call to get Zoom access to this class. *(If you need help accessing or figuring out Zoom, be sure to contact the COA.)*

Online / Zoom
Mondays, Wednesdays, Fridays
11 am

S.E.A.T. / STRETCH CLASS

This virtual class that allows you to exercise seated and around a chair. It will keep you moving, improve your fitness level, stretch your muscles and work on balance and range of motion to improve mobility.

Instructor: Ky'sha Mitchell

Please call to get Zoom access to this class. *(If you need help accessing or figuring out Zoom, be sure to contact the COA so we can connect you with one of our Zoom experts.)*

Online / Zoom
Mondays, Wednesdays, Fridays
9 - 9:45 am

YOGA *(MONDAY)*

Yoga is back virtually. Let yoga into your home to help fight the stress of the workday.

Instructor: Karen Sommers

Please call to get Zoom access to this class. *(If you need help accessing or figuring out Zoom, be sure to contact the COA.)*

Online / Zoom
Mondays
5:45 - 7 pm

YOGA *(SATURDAY)*

Enjoy the increased flexibility that yoga can provide all in the comfort of your own home.

Instructor: Amy Crennell

Please call to get Zoom access to this class. *(If you need help accessing or figuring out Zoom, be sure to contact the COA.)*

Online / Zoom
Saturdays
9 - 10:15 am

Lowe Center
60525 Decatur Rd.
Cassopolis, MI
Mon. - Fri.
7 am - 4 pm

Front Street Crossing
227 S. Front St.
Dowagiac, MI
Mon. - Fri.
7 am - 4 pm

JUST FOR FUN

LC BINGO

FSC Cost: $1

Follow the lunch hour with this fun and engaging game that provides some healthy competition with a dash of luck. This all-inclusive game is enjoyed by people of all ages and is a great way to spend an afternoon. If a program is scheduled, Bingo will follow afterward.

Lowe Center
Wednesday & Fridays
1 - 2 pm

Front Street Crossing
Mondays & Wednesdays
12:45 pm

LC CHESS

Postponed until further notice.

LC DANCE & SOCIAL CIRCLE

Postponed until further notice.

LC EUCHRE

FSC Postponed until further notice.

FSC FSC MUSICIANS

Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians. Masks required.

Front Street Crossing
Fridays
11 am

LC MAH JONGG

Postponed until further notice.

LC PINOCHLE

Postponed until further notice.

LC SING-ALONG

Postponed until further notice.

LISTEN & LEARN

LC CASS COUNTY PARKS

How much do you know about Cass County Parks?

In this program, you will get to discover the past, present, and future of the parks from a lifelong resident of Cass County and employee of the parks department for more than 30 years. Get a unique perspective on the parks as well as an overview of current events and future plans.

Presenter: Scott Wyman, Director of Cass County Parks

Lowe Center
Thursday, May 6
1 pm

N HIKE WITH A NATURALIST AT LAWLESS PARK

Enjoy a beautiful spring hike at TK Lawless Park. There will be guest naturalists available to point out the changes in the foliage, migration of various bird species, and current bug activities.

Presenter: Guest Naturalist

In Your Neighborhood
Dr. T.K. Lawless Park -
15122 Monkey Run St.
Vandalia, MI
Thursday, May 20
3 pm
Shelter 2

Rain Date
Tuesday, May 25

LC LEST WE FORGET

FSC Korea: The Forgotten War was over 70 years ago. Join the Lest We Forget president as he brightens the future and illuminates the past in this special presentation about the Korean War.

Pre-registration and masks are required.

Presenter: Larry Wozniak, Board President of Lest We Forget

Lowe Center
Thursday, May 20
1 pm

LC Lowe Center

FSC Front Street Crossing

N In Your Neighborhood

Online / Zoom

SERVICES & SUPPORT

DEMENTIA CAREGIVER'S SUPPORT GROUP

Family members and friends are welcome as we provide education and support for those caring for someone with dementia.

Lowe Center
Wednesdays, May 12 & 26
1 - 3 pm

DIABETES SUPPORT GROUP

Please join us as we discuss better strategies for self-care in your life with Diabetes.

Lowe Center
Friday, May 7
1 - 3 pm

DRUG DROP

Turn in expired or unwanted pills, capsules, and tablet medications for proper disposal.

Drugs can be dropped off at the Cass County Sheriff's Office at any time.

Please note, no liquids, inhalers or needles can be taken. Drugs are only accepted at the COA during special date and time.

Lowe Center
Thursday, May 6
10 am - 12 pm

FOOT CLINIC

Cost: $20
Appointment ONLY

Take good care of your feet – get toe nails trimmed (except for people with diabetes) and a foot massage.

Lowe Center
Mondays, May 10 & 24
Call for Times

GRIEF SUPPORT GROUP

Open to those who have experienced a loss of any kind.

Lowe Center
Thursday, May 13
1 - 3 pm

HEARING CLINIC

Appointment ONLY

Schedule an appointment at the Lowe Center for a free hearing test and hearing aid cleaning/ adjustments.

Lowe Center
Tuesdays, May 11 & 25
9 am - 4 pm

LEGAL CLINIC

Appointment ONLY

Local attorneys volunteer time to answer legal questions.

Lowe Center
Wednesday, May 19
1:30 - 4 pm

MASSAGE

Postponed until further notice.

MS SUPPORT GROUP

People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group.

Lowe Center
Tuesday, May 18
1 - 3 pm

PARKINSON'S SUPPORT GROUP

Parkinson's disease is a complex condition that affects every aspect of life for those diagnosed with it. This group provides support from others who are affected by the disease.

Lowe Center
Tuesday, May 11
1 - 3 pm

SHOPPING

Cost: $5
Reservations ONLY

Transit provides transportation to the bank, Shelton's Farm Market, and Super Walmart in Niles.

The Cass County COA will sign you up for the first trip and Cass County Transit will handle any further trips.

Reservations are required at least three days before the trip and due to less seating, will be on a first reserve basis. Transit will space out passengers to allow for social distancing. Masks MUST be worn.

In Your Neighborhood
Thursday, May 6

What's Happening at the COA

Lowe Center
60525 Decatur Rd.
Cassopolis, MI
Mon. - Fri.
7 am - 4 pm

Front Street Crossing
227 S. Front St.
Dowagiac, MI
Mon. - Fri.
7 am - 4 pm

What's Happening at the COA

LC Lowe Center

FSC Front Street Crossing

N In Your Neighborhood

Online / Zoom

SERVICES & SUPPORT

LC SHREDDING DAY

Cost: $5
Minimum to no contact.

What better way to organize and keep your important information from falling into the wrong hands. Simply gather up all your old, unneeded documents and drive them to the COA's outside location to get shredded

Provided by : Mountain High Shredding

Lowe Center
Wednesday, May 12
11 am - 12 pm

LC STROKE SUPPORT GROUP

Both people living with stroke and their loved ones are welcome to attend this support group to share support and learning opportunities.

Lowe Center
Tuesday, May 4
1 - 3 pm

LC VETERANS AFFAIRS

FSC Postponed until further notice.

SOCIAL SESSIONS

LC CASS AREA ARTISTS

All art lovers are invited to join this group.

Lowe Center
Thursday, May 20
3:30 pm

LC THE STORMY NIGHT WRITERS SOCIETY

We all have stories to tell.

Come join the group and share your tales. Everyone has a chance to give and receive constructive feedback on the efforts presented.

Discussions cover a wide variety of writing related topics including submissions, editing, genres, audiences, dialogue, settings, characters, conflicts and more.

Lowe Center
Tuesdays, May 4 & 18
9:30 am - 12 pm

LC FSC READ & SHARE BOOK CLUB

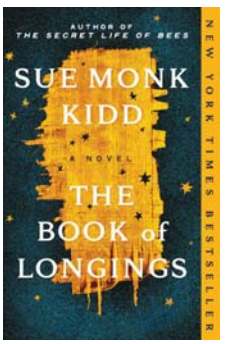
The COA has partnered with the Dowagiac District Library to host a monthly Book Club at both COA locations for your convenience.

Contact the COA to enroll in this new book club.

Books will be provided by the library.

May's Discussion Book
She's Come Undone
by Wally Lamb

June's Discussion Book
The Book of Longings
by Sue Monk Kidd



Taking an audacious approach to history and written with a reverential approach to Jesus's life that focuses on his humanity, The Book of Longings is an inspiring, unforgettable account of one woman's bold struggle to realize the passion and potential inside her, while living in a time, place and culture devised to silence her.

Leader: Gina Simoni, Dowagiac District Library

Lowe Center
Tuesday, May 4
1 - 3 pm

Front Street Crossing
Tuesday, May 11
1 - 3 pm

Special Events

LC FSC MOTHER'S DAY BRUNCH

Cost: Free *(Women)*
Registration is required

Mothers and special women are invited to attend our brunch and enjoy the fun and friendship.

You MUST call to pre-reserve your meal and specify which location you will be attending when calling.

Lowe Center
Friday, May 7
9 - 10 am

Front Street Crossing
Friday, May 7
9 - 10 am

LC SUMMER CONCERT

Cost: Free
Registration is required

Enjoy a rip-roaring fun evening outside by our pavilion with the country sounds of "Touch of Texas" sponsored by Honor Credit Union.

Food will be available for purchase from Scott's Pig Roast food truck.

Please bring your own chair or blanket. Masks are required.

In the case of inclement weather, the concert will be rescheduled.

Lowe Center (Pavilion)
Friday, May 21
5:30 - 7:30 pm (Food)
7 - 9 pm (Concert)

Program Information

Both COA locations are currently open; however, some programs and services are still postponed.

Due to gathering restrictions, everyone must pre-register for any event, program or service provided by the COA.

You may register by
Phone: (269) 445-8110
or
Online: CassCOA.org

Thank you in advance as we navigate our way through re-opening programs and services safely for our local seniors.

What's Happening at the COA

Get Active with Active Choices

Do you want help to incorporate physical activities into your daily life but aren't really sure where to start? The Active Choices Training Program just might be the program for you.

This telephone-based individualized program developed by Stanford, provides remote guidance and support to help build self-management skills. One of our trained activity coaches will call you to provide tips and encouragement, as well as monitor and modify your progress and exercises.

For more information, please contact COA Fitness Instructors Taylor Lee or Ky'sha Mitchell at (269) 445-8110.

Lowe Center
60525 Decatur Rd.
Cassopolis, MI

Mon. - Fri.
7 am - 4 pm

Front Street Crossing
227 S. Front St.
Dowagiac, MI

Mon. - Fri.
7 am - 4 pm

Donations & Support

Includes donations received between March 11 – April 10, 2021. Donations received after that date will be acknowledged in the next edition of the Messenger.

Annual Campaign
Scott and Leslyn Rose
Nancy Smith

Food Service
John Bradke

Greatest Need
Julia Bell
Patricia Bellaire
The Estate of Paul Mrozek
Carolyn Poznanski

Handy Helpers
Pat Mather

In Memory of Karen Coleman
Donna Niemann

In Memory of Bretho Danzy Sr.
Calvin Township Board
Julie E. Edelen

In Memory of Ron Francis
Shirley Dreher
Community Foundation Elkhart County
Anne Felton
Terry and Jennifer Ray
James Siegmann
Walter Wells
Virginia Luxenberger

In Memory of Marilyn Gordon
The Estate of Marilyn Gordon

In Memory of Gerald" Chub" Hand
Betty Hand

In Memory of Donna Pickens
Mike and Jan Gordon

Meals on Wheels
Patricia Stilwell

Assistance Program
Scarlet Bachmann
Bruce Batchelor
Judy Bundy
Michael Cloutier
Patricia Cloutier
Gregory Copley
Lynn Dittmer
Sharon Dixson
Carol Hagenbuch
Ralph Hammond
Lynn Ingleright
Robert Knight
Bobbie Labar
Anna Miller
Melba Mitchell
Lois Mockbee
Gerald Preston
Bob Sumption
Marilyn Swilley

Seniors in Cass County Need Your Support

Your gift is extremely important, particularly in today's climate, because it offers immediate resources that are directed to the current needs of local seniors like Meals on Wheels, In Home Care, Adult Day Service and the Handy Helpers program that builds wheelchair accessible ramps for Cass County seniors at no cost. Your donation is helping to make our community's seniors happier and healthier. Right here. Right now.

Please consider making a gift today.

- Online: www.CassCOA.org
- Phone: (269) 445-8110
- Mail: Cass County COA , P.O. Box 5, Cassopolis, MI 49031

May 2021 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
3 Main Entrée* Chicken Fajitas w/ Peppers & Onions Black Beans & Rice Lettuce, Tomato, Cheese, & Salsa Tortillas / Fruit Yogurt Café Entrée Egg Salad Sandwich Café Fresh Salad Crispy Chicken Salad	**4** Main Entrée* Beef & Broccoli Rice Chinese Salad Roll Pineapple Café Entrée Italian Sub Café Fresh Salad B.L.T. Salad	Cinco de Mayo **5** Main Entrée* Polish Sausage Potato Salad Spinach Salad Bun Orange Café Entrée Street Tacos Café Fresh Salad Italian Salad	**6** Main Entrée* Chicken Leg Quarter Roasted Potatoes Carrot Coins Side Salad Pears Café Entrée Reuben Café Fresh Salad Roast Beef Salad	Mother's Day **7** Main Entrée* Salisbury Steak w/ Gravy Mashed Potatoes Spring Blend Vegetables Mandarin Oranges Chocolate Mousse Café Entrée Grilled Ham & Cheese Café Fresh Salad Grilled Chicken Salad
10 Main Entrée* Pulled Pork Sandwich Mixed Bean Salad Roasted Potato Wedges Bun Applesauce / Juice Café Entrée Polish Sausage Café Fresh Salad Flatbread Salad	**11** Main Entrée* Spaghetti & Meatballs Italian Blend Green Salad Italian Bread Fruited Jello Café Entrée Pesto Turkey Panini Café Fresh Salad Chicken Taco Salad	**12** Main Entrée* Roasted Pork Chop w/ Gravy Mashed Potatoes Broccoli & Apple Salad Cornbread Peaches Café Entrée BBQ Beef Sandwich Café Fresh Salad House Salad	**13** Main Entrée* Crispy Fish Sandwich Spinach Coleslaw Whole Wheat Bun Fresh Fruit Café Entrée Bacon Cheeseburger Café Fresh Salad Turkey Craisins Salad	**14** Main Entrée* Sloppy Joe Macaroni Salad Broccoli Salad Bun Apple Slices Café Entrée Three Meat Pizza Café Fresh Salad Buffalo Chicken Salad
17 Main Entrée* Beef Pot Pie Mashed Potatoes Spinach Roll Mandarin Oranges Café Entrée Tuna Salad Sandwich Café Fresh Salad Cattleman's Salad	**18** Main Entrée* Tuna Noodle Casserole Peas Coleslaw Sliced Carrots Roll / 100% Fruit Juice Café Entrée Grilled Cheese Café Fresh Salad House Salad	**19** Main Entrée* Baked Chicken Carrots & Potatoes Summer Squash Roll Mixed Fruit Café Entrée Sloppy Joe Café Fresh Salad Custom Salad	**20** Main Entrée* Beef Taco Salad w/ Cheese Black Beans & Salsa Shredded Lettuce & Tomatoes Tortilla Chips Craisins Café Entrée Deli Sandwich Café Fresh Salad Italian Salad	**21** Main Entrée* Chicken Tetrazzini Steamed Zucchini Side Salad Biscuit Blueberry Crisp Café Entrée Pulled Pork Café Fresh Salad Flatbread Salad
24 Main Entrée* Sweet & Sour Meatballs Noodles Glazed Carrots Peas Peaches Café Entrée Bratwurst Café Fresh Salad Roast Beef Salad	**25** Main Entrée* Pork Tenderloin Creamy Corn Green Bean Salad Bread Pineapple Café Entrée B.L.T. Café Fresh Salad Grilled Chicken Salad	**26** Main Entrée* Philly Steak Sandwich Potato Salad Roasted Onions & Peppers Whole Wheat Bun Fresh Fruit Café Entrée Pesto Chicken Pizza Café Fresh Salad Chicken Taco Salad	**27** Main Entrée* Chinese Beef Rice Asian Vegetables Apple Crisp Café Entrée Mushroom Swiss Burger Café Fresh Salad B.L.T. Salad	Memorial Day Meal **28** Main Entrée* BBQ Chicken Baked Beans Mac & Cheese Cornbread Fruit / Birthday Cake Café Entrée Italian Panini Café Fresh Salad House Salad
31 CLOSED for Memorial Day				

Locations & Hours

Lowe Center Hours (LC)

Lunch** (Provided by SNS*)
11:30 a.m. - 1:30 p.m. (weekdays)
Take Out ONLY – NO Dine-in

Front Street Crossing (FSC)

Lunch** (Provided by SNS*)
11:30 a.m. - 1:30 p.m. (weekdays)
Take Out ONLY – NO Dine-in

Chestnut Towers Apartments
SNS* meals served daily by reservation only
– call the COA for more information.

Menu is subject to change without notice.
***Daily vegetarian lunch option available.*
Please see cashier first.

* Region IV Area Agency On Aging

MEALS on WHEELS – OF SOUTHWEST MICHIGAN –

Meals are funded in part by Region IV Area Agency on Aging and are served in partnership with Cass County COA and Senior Nutrition Services dba Meals on Wheels of Southwest Michigan.

The Messenger
Cass County COA
P.O. Box 5
Cassopolis, Michigan 49031

Non Profit Organization
U.S. Postage Paid
Cassopolis, MI 49031
Permit #43

SUMMER CONCERT

featuring

TOUCH OF TEXAS

Friday, May 21

7 p.m.

5:30 - 7:30 p.m. *(Food Truck)*

Enjoy some toe tapping, foot stomping music with the sounds of this sizzling country band.

Come early and purchase some great BBQ from Scott's Pig Roast food truck.

Call (269) 445-8110 to register for this event.

Please bring your own chair or blanket. Masks are required.
In the case of inclement weather, the concert will be rescheduled.

Summer Concert is sponsored by HONOR CREDIT UNION *Come Be Part of It!*