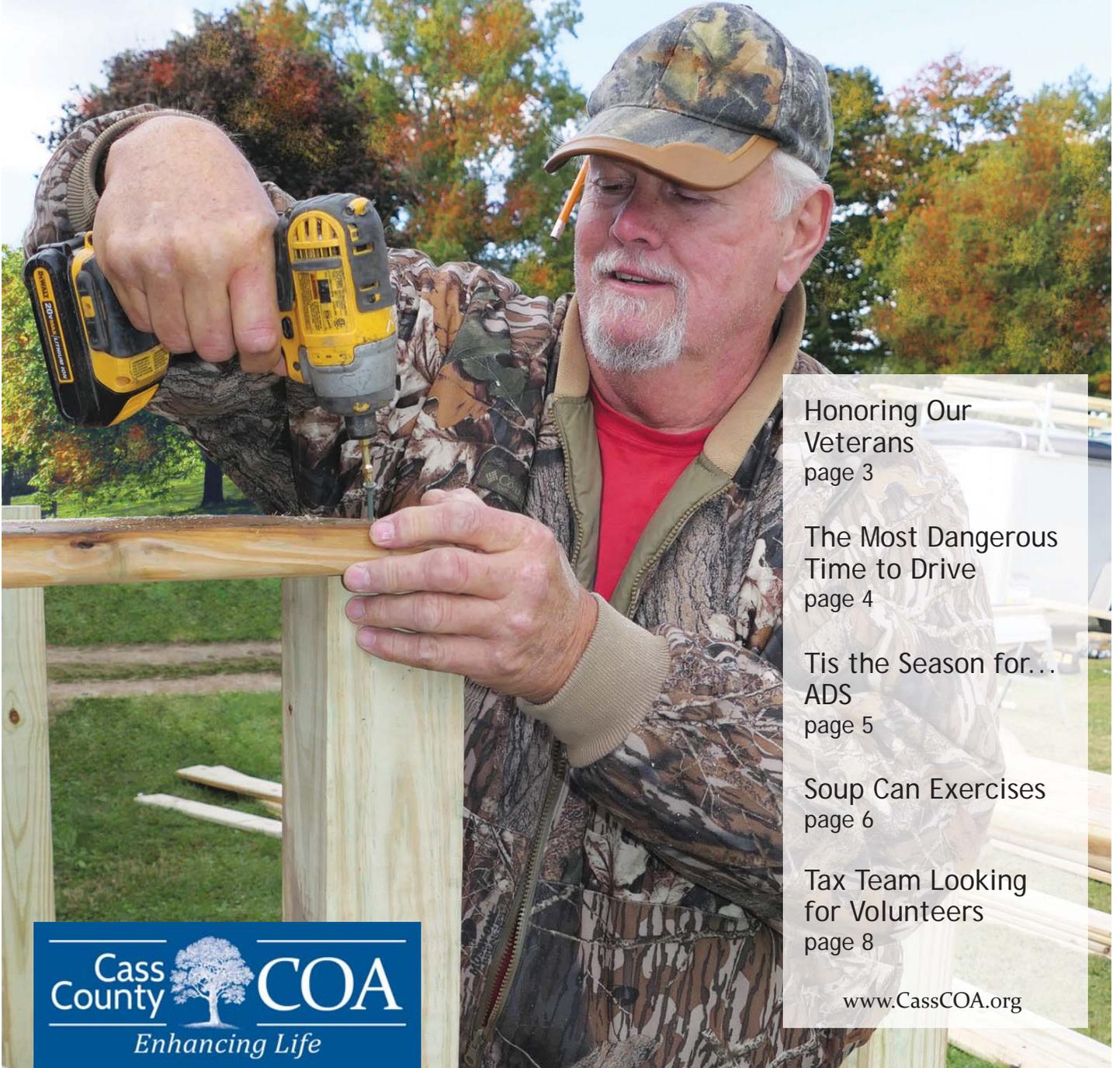


The Messenger

November 2019



Honoring Our
Veterans
page 3

The Most Dangerous
Time to Drive
page 4

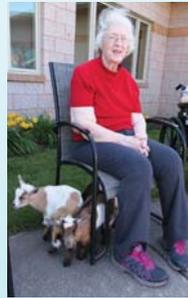
Tis the Season for...
ADS
page 5

Soup Can Exercises
page 6

Tax Team Looking
for Volunteers
page 8

www.CassCOA.org

Fall Volunteer Breakfast



Hidden Acres visits the COA



COA Staff

- CEO:
Marty Heirty
- Adult Day Service:
Laura Jepkema
- Care Services
Team Leader/
Support Groups:
Lori Hardy, RN
- Charitable Giving:
Heidi Powell
- Computer Assistance:
Laura Nichols
- Elder Abuse/
Senior Safety:
**Deputy MaKenzie
Kreiner**
- Food Service:
Kevin Stantz
- Front Street Crossing:
Kelli Casey
- Human Resources/
Volunteers:
Bobbie Krynicki
- Leisure Activities/
Fitness Programs/
Facilities Rental:
Sandi Hoger
- Lifelong Learning:
Leslie Vargo
- Meals on Wheel/
In-Home Care/
Medicare Medicaid
Assistance:
Adrienne Glover



Honoring Our Veterans

By Kelli Casey
Front Street Crossing Manager

Veterans Day is November 11 and is an official United States public holiday that honors military veterans who have served in the United States Armed forces. It coincides with other holidays celebrated in other countries, including Armistice Day and Remembrance Day, that mark the anniversary of the end of World War I. Major hostilities of WWI were formally ended at the 11th hour of the 11th day of the 11th month in 1918, when the Armistice with Germany went into effect.

The United States previously observed Armistice Day until 1945

when WWII veteran Raymond Weeks had the idea to expand Armistice Day to celebrate all veterans, not just those who died in WWI. Weeks led a delegation to General Dwight Eisenhower, who supported the idea of a National Veterans Day. The first national celebration of this annual holiday was in 1947 and the bill was signed into law on June 1, 1954.

The observance of Veterans Day not only preserves the historical significance of the date, but also helps focus attention on the important purpose of Veterans Day which is a celebration to honor America's veterans for their patriotism, love of country, and willingness to serve and sacrifice for the common good.

Join us at the Lowe Center on Monday, November 11 at 11 a.m. for a presentation entitled "Honoring Our Heroes" by Starks Family Funeral Homes. You will learn about the National Cemetery System as well as veteran's burial benefits.

Also on November 11, the Cass COA will recognize our local veterans and their spouse at both the Lowe Center in Cassopolis and Front Street Crossing in Dowagiac with a FREE lunch sponsored by Starks Family Funeral Homes. Lunch is served at the Lowe Center from 11:45 a.m. to 1:15 p.m. and at Front Street Crossing from 11:30 a.m. to 1:30 p.m. Please call for reservations to reserve your meal.

COVER PHOTO

Handy Helpers, Jim Grubbs helped build one of the last ramps for the season. The group ended up building over 30 ramps this year. If you or someone you know would like to be a part of this volunteer group, contact the COA at (269) 445-8110.

Messenger, Volume 28 Issue 11, published monthly by the Cass County Council on Aging, P.O. Box 5, Cassopolis MI 49031
Messenger Staff

Community Development Team Leader - Heidi Powell
Communications Assistant - Terina Miller

© 2019 Cass County Council on Aging. Reprinting in whole or in part of any article or photo appearing in the Messenger is not allowed without express written permission.

Cass County COA
(269) 445-8110 or (800) 323-0390
www.casscoa.org

Lowe Center
60525 Decatur Rd.
Cassopolis, MI 49031

Front Street Crossing
227 S. Front Street
Dowagiac, MI 49047

The COA is proud to partner with...



Anyone attending programs and events associated with the Cass County COA may be photographed and/or video recorded. These items may be used in The Messenger or for other promotional purposes. Those wishing not to consent must kindly notify a COA staff member.

The Most Dangerous Time to Drive

Shorter days, fatigue, compromised night vision, rush hour and impaired drivers are some of the risks we face when driving at night. These risks become especially pronounced moving into the weekend, with fatal crashes peaking on Saturday nights, according to NSC analysis of NHTSA data. Many people will find themselves spending more time driving in the dark. Depth perception, color recognition and peripheral vision can be compromised in the dark, and the glare of headlights from an oncoming vehicle can temporarily blind a driver. Even with high-beam headlights on, visibility is limited to about 500 feet (250 feet for normal headlights) creating less time to react to something in the road, especially when driving at higher speeds.

What should you do?

- Aim your headlights correctly, and make sure they're clean
- Dim your dashboard
- Look away from oncoming lights
- If you wear glasses, make sure they're anti-reflective
- Clean the windshield to eliminate streaks
- Slow down to compensate for limited visibility and reduced stopping time

Compromised Night Vision

Night vision is the ability to see well in low-light conditions. As we age, we have greater difficulty seeing at night. A 50-year-old driver may need twice as much light to

see as well as a 30-year-old. At age 60 and older, driving can become even more difficult, according to the American Optometric Association. Some older drivers also may have compromised vision due to cataracts and degenerative eye diseases.

The AOA recommends older drivers:

- Have annual vision exams
- Reduce speed
- Take a driving course; even experienced drivers can benefit from a refresher course, and some of the rules have probably changed
- Minimize distractions, like talking with passengers or listening to the radio
- Check with your doctor about side effects of prescription drugs
- Limit driving to daytime hours if necessary

Fatigue

A National Sleep Foundation poll says 60% of adults have driven while they were tired, and another 37%, 103 million people, have fallen asleep at the wheel. Of those, 13% say they fall asleep while driving at least once a month, and 4% say they have caused a crash by falling asleep while driving. There are many reasons—shift work, lack of quality sleep, long work hours, sleep disorders – and it doesn't only happen on lengthy trips.

These staggering numbers are backed up by a report by NHTSA that 100,000 police-reported crashes are a result of driver fatigue. Most crashes

or near misses happen at the times you would expect drivers to be tired: 4 to 6 a.m., midnight to 2 a.m. and 2 to 4 p.m., according to NSF. Drowsy driving puts everyone on the road at risk. Losing two hours of sleep has the same effect on driving as having three beers, and tired drivers are three times more likely to be in a car crash if they are fatigued.

The National Sleep Foundation offers this advice:

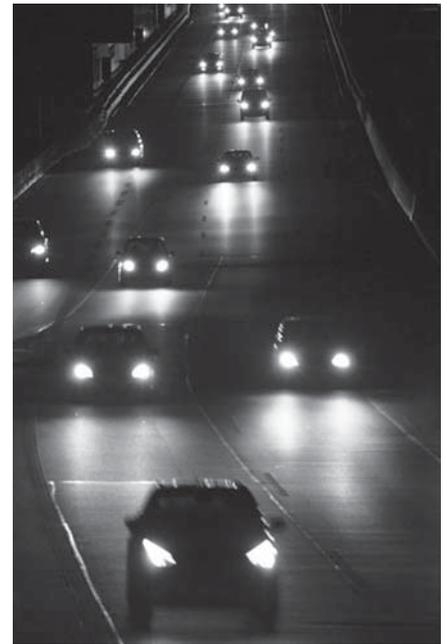
- Get seven or more hours of sleep a night
- Don't drive if you've been awake for 16 hours or more
- Stop every two hours to rest
- Pull over and take a nap if you're drowsy
- Travel during times you are normally awake

Rush Hour

Evening rush hour (between 4 and 7 p.m. weekdays) is a dangerous time to drive due to crowded roadways and drivers eager to get home after work. In winter, it's dark during rush hour, compounding an already dangerous driving situation.

How can you make it home safely during rush hour?

- Don't be an impatient driver; slow down
- Stay in your lane and beware of drivers who dart from lane to lane
- Even though the route may be familiar, don't go on



autopilot; stay alert

- In unfamiliar areas, consult a map before you go and memorize your route
- Don't touch your phone, eat, drink or do other things that are distracting

Stay Alert, Stay Alive

While we do only one quarter of our driving at night, 50% of traffic deaths happen at night. It doesn't matter whether the road is familiar or not; driving at night is always more dangerous. More than 40,000 people were killed in car crashes in 2016, according to Injury Facts. By taking some extra precautions, we can all contribute to reducing these numbers.

This information provided by Deputy MaKenzie Kreiner, Senior Safety Coordinator. Deputy Kreiner promotes safety and protection of older adults through the COA and Cass County Sheriff's Office.

Tis the Season for...ADS!

By Laura Jepkema
Adult Day Service Director

Fall is upon us and soon we will be in the hustle and bustle of the holiday season. Along with the gift buying, wrapping, cooking, baking, and planning comes the blessing of visiting with friends and family, whom we may not have seen since last year's holiday festivities. This may seem overwhelming to someone who is filling the role of caregiver, but these friends and family members are often quick to notice a significant change in someone living with dementia or their caregiver. As you gather this season, keep an eye out for these signs in yourself or

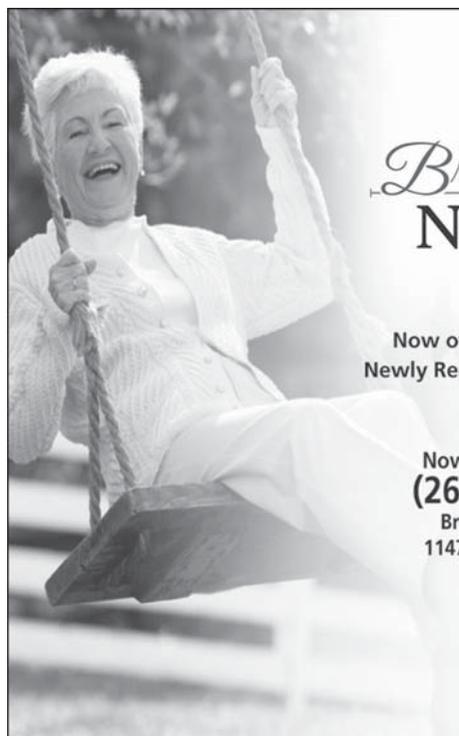
someone you know who is caregiving:

- Lack of energy/ overwhelming fatigue
- Sleep problems
- Eating too little or too much, significant weight change
- Withdrawing from or losing interest in things you once enjoyed
- Becoming unusually impatient/ irritable with the person you are caring for
- Anxiety or Depression
- Headaches or Stomachaches

If this sounds like you or you see these signs in a caregiver you know, it's time to have a talk. The Cass County COA has an Adult Day Service (ADS) that is fully

equipped and ready to serve you. Many caregivers place their own lives on hold to provide care, but the COA's ADS is here to help alleviate some of that burden. The ADS offers a homelike environment where participants in our care engage in a variety of activities to stimulate cognitive and other abilities. They receive a nutritious breakfast and lunch in an atmosphere geared to person-centered care plans. Caregivers of participants can use the time their loved one is in ADS to "recharge" their caregiving battery.

To learn more about ADS or to get your loved one enrolled, please contact Laura Jepkema, ADS Director or Lori Hardy, RN, Care Services Team Leader.



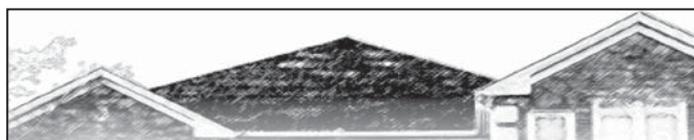


Now offering Memory Care
Newly Renovated Assisted Living

Now Taking Deposits!
(269) 684-9470
 Brentwood at Niles
 1147 S 3rd Street, Niles
 nilesalc.com




(800) 323-0390 or (269) 445-8110



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.




www.casscoa.org & www.facebook.com/CassCOA

Soup Can Exercises

By Joy Shreve
Certified COA Fitness Trainer

With the holidays coming up and winter right around the corner, exercise could be furthest from your mind. You might be telling yourself, "there isn't time to exercise," or "I can't stay active because I can't go outside." Well, did you know that you could stay active all year long by simply walking to your pantry? Yep, those soup cans or other canned goods you have in there make a perfect light weight. After a few reps, you will be looking at those cans in a whole new way.

Soup cans might be too light for some exercisers, but for someone with arthritis or someone who might be recovering from an injury, they can provide enough resistance to increase strength. The weight of soup cans can also be of some benefit to power walkers who want to burn additional calories. Any exercise that you can do with a dumbbell can also be performed with a soup can. For similar gains on both sides of your body, choose soup cans of the same weight, or use one soup can for both sides

Shoulders

To strengthen your shoulders, begin by standing tall and holding a similar soup can in both hands. From this position, lift the soup cans out to the side and keep your arms straight. Your goal is to lift your arms parallel to the floor. Slowly lower your arms and repeat 10 to 12 times.

Arms

Your bicep muscle is located on the front of your upper arm. You can strengthen your bicep by holding a soup can in each hand with your palms facing forward and your arms at your sides. Bend your elbows to raise the cans to your shoulders, then lowering the cans back down to the starting position. Your tricep muscle is located on the back of your upper arm. You can strengthen your triceps by holding a soup can in each hand with your arms extended over your head, bending your elbows to lower the cans behind your head, and then raising the cans back to the starting position.

Legs

You can strengthen your legs by doing a lunge. Holding a soup can in each hand will provide added resistance to this exercise. Begin by standing tall, then step one foot straight forward, approximately three feet in front of

the other. Next bend both knees and vertically lower your body toward the floor, making sure your forward knee doesn't pass the plane made with your toe. To finish, push off the floor with the front foot and return to the starting position. Repeat with the other leg forward.

Back

You will need a larger soup can, such as a family-size can, for this exercise. Your back is a large muscle and will require a heavier resistance than the shoulder or arm exercises. Start off by standing in a staggered foot position with your right foot in front of your left and slightly bend at the waist. Next hold a soup can in your left hand near your right knee. Then raise the soup can straight back to your left hip, followed by lowering it back down to the starting position next to your right knee. Be sure to repeat with the other leg forward and in your left hand.

Chest

Soup cans can also be used for a chest fly exercise. Lie on your back and hold a soup can in each hand with your palms facing each other and extend your arms toward the ceiling. Perform the movement by not bending your elbows and lowering your arms out to the sides until the back of your hands touch the floor. At this point, you should look like the letter "T." Return your arms back to the starting position.





CASS COUNTY
MEDICAL CARE FACILITY

- State of the Art Non-Profit Skilled Nursing
- Five Star Quality Rating
- Outstanding Therapy Department
- Generously Staffed Nursing Department
- Variety of Activities & Home-cooked Meals
- Located on 140 Acres among Woods & Fields

269-445-3801 • www.ccmcf.org
23770 Hospital Street, Cassopolis, MI

peace, dignity, respect, comfort, and taking away the fear.

hospice is
hope



find out more hospiceswmi.org • 269.345.0273

Let Us Be Thankful!

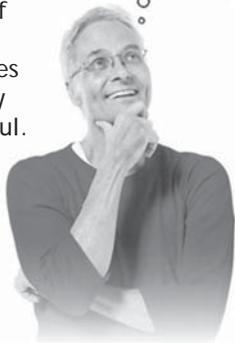
By Danielle Dilts,
Human Resources Assistant

How many of us are truly thankful for what we have in our lives? Think about it, and then ask yourself if you show gratitude toward the things you have. Sometimes in life we are faced with many things and forget to be thankful. I am guilty of forgetting more than I should.

Some days I go home, look in my cupboard, and fail to see anything that I want for dinner even though my cupboards are not bare. I should be thankful for the food I have to eat, even if it is not what I am craving at the moment.

Why have my expectations changed so much over the years? Maybe it is because I stopped showing gratitude, and now I need to retrain my brain. Gratitude is very healthy for the body. In recent studies at UCLA's research center, it has shown that gratitude actually boosts serotonin and activates the brain to produce dopamine. Researchers also found people that show more gratitude overall had higher levels of activity in the hypothalamus. This is important because the hypothalamus controls a huge array of essential bodily functions, including eating, drinking, and sleeping. It also has a huge influence on your metabolism and stress levels.

Let's test this theory during the month of November by practicing our gratitude. Retrain your brain to find the positive in things, even when it doesn't seem positive. I am thankful for the food I have and I should stop focusing on my wants. As we retrain our brain, this positive thinking will become easier, and our bodies will feel better. Don't take my word for it, test this theory out for yourself but remember - think positive!



(800) 323-0390 or (269) 445-8110



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
date 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

www.casscoa.org & www.facebook.com/CassCOA

Tax Team Looking For Volunteers

By John Kelley,
Volunteer Tax Team Preparer

The Cass County COA provides space, resources, scheduling and technical assistance to the AARP Foundation Tax-Aide program. The Tax-Aide program provides volunteer tax preparation services to assist people file their Federal and Michigan income taxes free of charge. This includes applying for Michigan property tax and heating credits for those who qualify. They are also trained to prepare taxes for self-employed individuals, itemized returns, Health Savings Accounts and many other tax situations. There are limitations on the type of returns they can prepare.

Our team of volunteers prepares taxes at both the Lowe Center in Cassopolis and Front Street Crossing location in Dowagiac. The number of clients requesting assistance has grown every year. The team is seeking volunteers to help meet these increasing demands. We have two types of tax volunteers: those who prepare the tax returns and the client facilitators who help with the overall process by welcoming and assisting the taxpayers with organizing their paperwork.

All Tax-Aide volunteers receive training in ethics and volunteer standards of conduct. All volunteer preparers receive training in tax preparation and using the IRS approved software to prepare taxes. The client facilitators are taught how to assist the taxpayers to ensure they have the proper tax paperwork. Most of the training will be provided at the Cass County COA later this year. Taxes are prepared by the team from the beginning of February to the middle of April. If you have plans to be out of town for a few weeks during this time that is fine.

If you are interested in volunteering as a tax preparer or client facilitator or have any questions, please contact Sandi Hoger or Leslie Vargo at the COA by calling (269) 445-8110. This is a great opportunity to use or develop new skills and enjoy helping others.



We Do C.A.R.E.

By Sandi Hoger
Active Living Team Leader

The COA has a program called C.A.R.E. (Call and Reassure Elders). It's a free telephone reassurance program for Cass County seniors who are homebound or living alone.

Volunteers call participants each weekday (or on a schedule to fit your needs) to check on your well-being and have a friendly conversation.

The holidays can be a very lonely and stressful time. We are here for you and would like to help. If you know someone who would benefit from the program or if you need this program, please call the COA and ask for Kelli at (269) 445-8110. She will set you up with a volunteer that will call you. We all need help from time to time, and we would like to help you. The C.A.R.E. program is not just for holidays but is available all year long.

Sign up now and let one of our volunteers brighten your day.

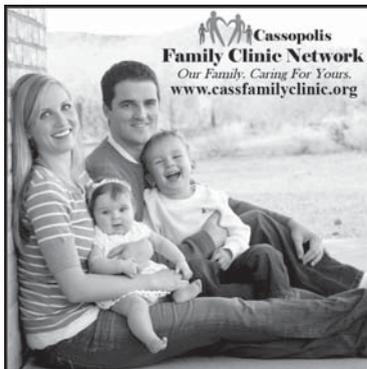


Surrounding you with the care you need to remain in the home you love.

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



Cassopolis Family Clinic
261 M-62 North, Cassopolis, MI 49031

Medical (269) 445-3874
Mon. - Thurs. 8 a.m. - 7 p.m.
Fri. 8 a.m. - 5 p.m.
Saturday 9 a.m. - 1 p.m.

Dental (269) 228-8500
Mon. - Thurs. 7:30 a.m. - 6:30 p.m.
Fri. 7:30 a.m. - 5 p.m.

Pharmacy (269) 228-8505
Mon. - Thurs. 9 a.m. - 6 p.m.
Fri. 9 a.m. - 5 p.m.

The Cassopolis Family Clinic Network is an
Equal Opportunity Provider and Employer.

Michigan Residents Who Received Home Heating Credits for 2018 Received an Additional Home Heating Credit Payment

By John Kelley,
Volunteer Tax Team Preparer

The Michigan Department of Treasury announced that households who received Home Heating Credits for tax year 2018 got an additional one-time payment of \$22 in October to help keep their homes warm. The payments are the result of a \$6.5 million supplemental remaining in 2018 federal Low-Income Home Energy Assistance Program block grant dollars received by Michigan. The additional payment was generated automatically. Eligible households did not need to do anything to receive the payment. Recipients of the additional credit are households that filed a 2018 MI-1040CR-7

Home Heating Credit Claim and qualified for the credit.

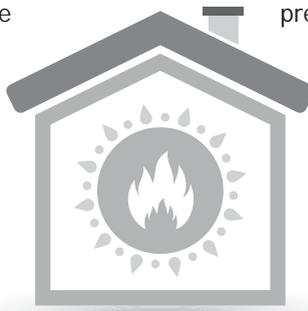
Treasury mailed checks to all households that are eligible for the supplemental Home Heating Credit. Recipients are expected to apply the LIHEAP payment to their household heating costs. The credit cannot be replaced or reissued.

Anyone with questions on their Home Heating Credit can contact Michigan Department of

Treasury at (517) 636-4486.

The AARP Foundation Tax-Aide volunteers at the Cass County COA prepare tax returns including the Home Heating Credit Claim from February to the first part of April each year. The date for scheduling appointments for taxes next year will be reported in the January issue of the Messenger.

For information regarding heat assistance, contact the MDHHS energy hotline at (855) 275-6424, Monday through Friday, 8 a.m. to 4:45 p.m., or visit the energy website at www.michigan.gov/heatingassistance.



Volunteers

Board of Directors

Jim Beebe	Faith Beaupre	Carol Dierickx	Phyllis Howe	David McClelland	Robert Reed	Lorna Suits
Tom Buszek	Carl Benoit	Judy Dodge	Raymond Jackson	Sara Melkus	Joyce Rentfrow	Richard Sullivan
Frank Butts	Lillie Bishop	David Dunlap	Jackson	Delores Minisee	Helga Richards	Diane Tiser
Bob Campbell	Miriam Bollweg	Sue Dunlap	Ann Johnson	William Mitchell	Kevin Richardson	Jillian Torbet
Elaine Foster	Becky Bowers	Larry Emrick	Deborah Johnson	Carol Modigell	Mike Rockwell	Sara Torbet
Marilu Franks	Linda Brossman	Sheila Evans	Polly Judd	Barbara Monroe	Annette Rotolo	Evelyn Turley
Sue Heinrich	Robert Brossman	Donnis Fisher	James Karasek	Jane Moraw	Betty Rutz	Donald Van Hulle
Skip Kasprzak	Darl Brown	Dolores Flora	Carol Keeler	Cassandra Morris	Sharon Seiler	Ralph Vosburgh
Pat Makielski	Judy Brown	Margo Foreman	Carol Keim	Eddie Mose	Fred Shank	Julie Weaver
Leroy McNeary	Shirley Brown	Mary Fosdick	Kay Keith	Barbara Owen	Erma Skipper	Tim Wiggins
Carl Moraw	Patricia Butcbaker	Dan Frame	John Kelley	George Pabreza	Lesta Smiles	Sue Wilder
Harry Shaffer	Marsha Butts	Rosemary Gillam	Grace Kenyon	Julie Pagels	Beverly Smith	Claire Wolford
Walter Swann	Linda Campbell	Janeen Godfrey	Andrea Klett	Nancy Pallas	Eileen Smith	Robert Woodruff
.....	Diane Celie	Peggy Graham	Virginia Kraft	Diane Palmer	John Smith	Marny Wyant
Betty Ackerman	Tom Celie	Joyce Greenwood	Dave Kring	Susan Parker	April Snyder	Fran Yeager
Duane Adams	Irene Clark	Cheryl Groner	Cecelia Littman	Mary Pegan	Jerome Sorn	Carol Young
Ruth Ann Adams	Keryl Knight	Floyd Groner	Hal Loebach	Ray Phillips	Irmgard Stange	Mary Jane Young
Jo Anne Anderson	Gregory Connelly	Jim Grubbs	Marcia Lofts	Terry Proctor	Julie Stebbin	Richard Zander
Rita Baker	Judy Coon	Shirley Guilford	Ron Lofts	George Purlee	Kawanna Stoker	
Betty Bankson	Ed Corwin	Korina Hacker	Sharon Lyn	Jannette Rafferty		
Gary Bargerhuff	Trudy Custodio	Joyce Hamilton	Frank Maley	Sandy Randle		
Sue Bargerhuff	Grace Darrow	Mable Hartman	Vicki Maley	Jennifer Ray		
Shirley Barks	Sue Decker	Lila Hawn	Carol Manning	Terry Ray		
Joan Barnhart	Kay Diehl	Corwin	Rose Marcyan	Rita Reed		
		Kim Hedges	Phyllis Mason			
		Mary Hedges	Stanley Mason			

Volunteers listed are for the month of September, during which we had 145 active volunteers who contributed 1,664 hours of work. This would be equal to more than 10 full time staff positions.

10 November 2019 at Front Street Crossing

227 S. Front St.
Dowagiac, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8-8:45 a.m. Cardio Challenge (M/W/F) 9-11 a.m. Computer Asst. 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. FSC Musicians	2
4 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	5 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch	6 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	7 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch 1 p.m. Euchre	8 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. FSC Musicians	9
11 8 a.m. Cardio (M/W/F) 9 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 11:30 a.m.-1:30 p.m. Veteran's Lunch 12:45 p.m. Bingo 6-7 p.m. Tai Chi	12 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch 1-3 p.m. Christmas Sock Gnome Class 1-3 p.m. Hollywood Treasures (Movie)	13 8-8:45 a.m. Cardio (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	14 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch 1 p.m. Euchre	15 8-8:45 a.m. Cardio (M/W/F) 9-11 a.m. Computer Asst. 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. FSC Musicians	16
18 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	19 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch	20 8-8:45 a.m. Cardio (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Birthday Bingo 1:30 p.m. Champagne Flutes 6-7 p.m. Tai Chi	21 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch Noon Thanksgiving Dinner 1 p.m. Euchre	22 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. FSC Musicians	23
25 8-8:45 a.m. Cardio Challenge (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	26 9-9:45 a.m. Cardio Challenge (T/Th) 10-10:45 a.m. Senior Stretch	27 8-8:45 a.m. Cardio (M/W/F) 9-9:45 a.m. Vim & Vigor 10-10:45 a.m. S.E.A.T. Class 11 a.m. Tai Chi 12:45 p.m. Bingo 6-7 p.m. Tai Chi	28 CLOSED for Thanksgiving Day	29 CLOSED for the Thanksgiving Holiday	30 CLOSED for the Thanksgiving Holiday



Marcellus Moves: A great fitness option for those in the Marcellus area. Meets Tuesdays and Thursdays from 8:30 to 9:15 a.m. at the United Methodist Church in Marcellus, 197 W. Main. Cost is \$20 per month, \$5 for walk-ins.

Marcellus Outpost: No outpost in November or December.

Shopping: Cass County 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. Cost is \$5. Thursday, Nov. 7.

Union Neighbors: Meet and greet your friends and neighbors at the Cass County Conservation Club in Union on Thursday, Nov. 14. Bingo begins at 10:45 followed by the potluck (please bring \$1 for the entrée and a dish to pass).

November 2019 at the COA Lowe Center

M-60 & Decatur Rd. 11
Cassopolis, MI

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 9 a.m.-Noon Knit/Crochet 11-11:30 a.m. Sing-A-Long 1-2 p.m. Bingo 1-3 p.m. Diabetes Support	2 9 - 10:15 a.m. Yoga
4 8:15-9 a.m. Zumba Gold 9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 10:30 a.m.-1 p.m. Chess Club 1-3 p.m. Computer Asst. 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga	5 9:30 a.m.-Noon The Stormy Night Writers Society 1 p.m. Euchre 1-3 p.m. Stroke Support 3 p.m. Line Dance 2-7 p.m. Massage	6 <i>Hot Breakfast</i> 8:15-9 a.m. Zumba Gold 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-2 p.m. Bingo 1-3 p.m. Pinochle 1:30 p.m. Champagne Flutes	7 8:30 a.m.-Noon Computer Support 10 a.m.-Noon Drug Drop 2:30-5 p.m. Woodcarvers	8 9 a.m.-Noon Knit/Crochet 11-11:30 a.m. Sing-A-Long 1-2 p.m. Bingo	9 9 - 10:15 a.m. Yoga
11 8:15 a.m. Zumba 9 a.m.-1 p.m. Foot Clinic 9:45 a.m. S.E.A.T. / Stretch 10:30 a.m.-1 p.m. Chess 11 a.m.-Noon Veterans Day Presentation 11:45 a.m.-1:15 p.m. Veteran's Lunch 1-3 p.m. Hollywood Treasures (Movie) 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga	12 9 a.m.-4 p.m. Hearing Clinic 9 a.m.-3 p.m. Massage 12-3:30 p.m. Color Your World (Watercolor) 1 p.m. Euchre 1-3 p.m. Parkinson's Support 3 p.m. Line Dance	13 8:15-9 a.m. Zumba Gold 9-9:30 a.m. R.A.D. Practice Class 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-2 p.m. Bingo 1-3 p.m. Dementia Caregivers Support 1-3 p.m. Pinochle	14 9 a.m.-Noon Dance & Social Club 11 a.m.-Noon Veterans Affairs 10 a.m.-Noon Grief Support 12:30-2:30 p.m. Ceramics 1-3 p.m. Christmas Sock Gnome Class	15 9 a.m.-Noon Knit/Crochet 11-11:30 a.m. Sing-A-Long 1-2 p.m. Bingo 1-2:30 p.m. Book Club	16 9 - 10:15 a.m. Yoga
18 8:15-9 a.m. Zumba Gold 9:45-10:30 a.m. S.E.A.T. / Stretch Class 10 a.m. Quilting 10:30 a.m.-1 p.m. Chess Club 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga	19 9 a.m.-3 p.m. Massage 9:30 a.m.-Noon The Stormy Night Writers Society 11 a.m.-Noon SCAMS/ Home Safety 1 p.m. Euchre 1-3 p.m. MS Support 3 p.m. Line Dance	20 <i>Hot Breakfast</i> 8:15-9 a.m. Zumba Gold 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-2 p.m. Bingo 1-3 p.m. Pinochle 1:30-4:30 p.m. Legal Clinic	21 8:30 a.m.-Noon Computer Support 9 a.m.-Noon Dance & Social Club Noon Thanksgiving Dinner 12:30-2:30 p.m. Ceramics 3:30 p.m. Cass Area Artists 5-6:30 p.m. Woodcarvers	22 9 a.m.-Noon Knit/Crochet 11-11:30 a.m. Sing-A-Long 1-2 p.m. Birthday Bingo	23 9 - 10:15 a.m. Yoga
25 8:15-9 a.m. Zumba Gold 9 a.m.-1 p.m. Foot Clinic 9:45-10:30 a.m. S.E.A.T. / Stretch Class 10:30 a.m.-1 p.m. Chess Club 1-4 p.m. Mah Jongg 5:45-7 p.m. Yoga	26 9 a.m.-3 p.m. Massage 1 p.m. Euchre 3 p.m. Line Dance	27 8:15-9 a.m. Zumba Gold 9:45-10:30 a.m. S.E.A.T. / Stretch Class 1-3 p.m. Dementia Caregivers Support 1-2 p.m. Bingo 1-3 p.m. Pinochle	28 CLOSED for Thanksgiving Day	29 CLOSED for the Thanksgiving Holiday	30 CLOSED for the Thanksgiving Holiday

What's Happening at the COA



Fitness & Dining Hours

Fitness Center: Adults of any age can get healthy with our fitness memberships. Discounts available for those over age 60.

Low Center Fitness hours:

Monday – Thursday

7 a.m. to 7 p.m.

Friday

7 a.m. to 5 p.m.

Saturday

8 a.m. to noon

Front Street Crossing hours:

Monday – Friday

7 a.m. to 4 p.m.

Membership Prices –

1 year – \$140 (60+) or \$165

3 months – \$55 (60+) or \$65

1 month – \$35 (60+) or \$45

Walk-ins – \$6

Specialized Needs: Individuals who need assistance to use our Fitness Centers can get one-on-one help with one of our personal trainers. Call today for more information or to set up your schedule.

Dining at the COA: We strive to provide fresh, nutritious options for adults of all ages. Prices vary. Lunch menu options are listed on page 18.

Low Center

- **Breakfast:** Continental Breakfast served Monday – Friday 7:30 to 10 a.m. Hot breakfast served Nov. 6 & 20.
- **Lunch:** Monday - Friday from 11:45 a.m. to 1:15 p.m.

Front Street Crossing

- **Lunch:** Monday - Friday from 11:30 a.m. to 1:30 p.m.

Chestnut Towers

(100 Chestnut Street, Dowagiac)

- **Lunch:** Monday through Friday main entrée by reservation only.



Active Living

Bingo: Follow the lunch hour or scheduled program by playing for fun and prizes Wednesdays and Fridays from 1 to 2 p.m., cost is \$1.25, and birthday bingo is Friday, Nov. 22. If a program is scheduled, Bingo will follow afterward.

Book Club: The "Read & Share" club has selected "A Sister in My House" by Linda Olsson for Friday, Nov. 15 from 1 to 2:30 p.m. Read ahead for December is "How to Find Love in a Bookshop" by Veronica Henry.

Cass Area Artists: All art lovers are invited to join this group. Meets the 3rd Thursday of each month, Nov. 21 at 3:30 p.m.

Ceramics Made Easy: Learn and create ceramics with volunteer instructors Joyce Greenwood and Lorna Suits. Thursdays from 12:30 to 2:30 p.m. Cost is \$8 per month plus firing fees. No ceramics Nov. 7 & 28.

Champagne Flutes: If you play a flute, then this is the group for you. This musical group plays for nursing homes and other venues. Practices rotate between the Lowe Center and Front Street Crossing on Wednesdays at 1:30 p.m. Contact Connie at the COA for more information. See pages 10 & 11 for dates.

Chess Club: That's right chess lovers, it's back! Whether you are new to the game or an expert, join in the fun and find out if you have all the right moves. Mondays, 10:30 a.m. - 1 p.m.

Dance & Social Club: This club is always looking for new members and is open to both couples and singles. Join the group and dance to a variety of musical styles while enjoying the fellowship of friends. Thursdays at 9 a.m. No Dance Club Nov. 7.

Euchre Club: Euchre is one of the most popular card clubs. Tuesdays at 1 p.m. If a program is scheduled, Euchre will follow afterward.

Fruit Belt Wood Carvers: All types of wood crafters are welcome. The group loves to share their knowledge. Those new to the craft are welcome. Thursdays, Nov. 7, 2:30 to 5 p.m. and Nov. 21, 5 to 6:30 p.m.

Hollywood Treasures: November's feature is "Dutch." To earn points with his new wealthy girlfriend, a working-class guy offers to drive her son to Chicago from an Atlanta prep school so they can all spend time together for the holiday. He quickly discovers that the son isn't the nicest of kids. Find out if they hash through their differences or not. Starring Ed O'Neil & Ethan Embry. Free movie (closed captioned), popcorn, and water at 1 p.m. Monday, Nov. 11.

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. Fridays, 9 a.m. to noon. Yarn donations are welcome.

Mah Jongg: Originated in China this fascinating rummy-like game uses tiles rather than cards. Join the fun every Monday from 1 to 4 p.m.

Pinochle Club: Play your best cards and enjoy making friends. Wednesdays at 1 p.m.

What's Happening at the COA



Quilting Club: Quilting Club: All quilters and learners are welcome to join. The group creates and teaches. Mondays, Nov. 4 & 18 from 10 a.m. - 4 p.m.

Sing Along: Join volunteer leaders Bev Smith, George Purlee & Jannette Rafferty for a musical journey down memory lane Fridays at 11 a.m.

SPECIAL EVENT

Thanksgiving Dinner: Stuff yourself early with our Thanksgiving Dinner Thursday, Nov. 21 at noon, including entertainment by Mike Talbot. Entertainment is free and lunch is \$5 regardless of age. Sign up requested.

HONORING VETERANS

Veteran's Meal: As a way to say thank you, Starks Family Funeral Home would like to offer veterans and their spouse a free meal on Monday, Nov. 11, 11:45 to 1:15 p.m. Don't forget to come early for the presentation by Starks at 11 a.m. Please call to reserve your meal. Regular meal prices will apply to all others.

Foot Clinics: Take good care of your feet - get toe nails trimmed (except for people with diabetes) and a foot massage. Cost is \$20 for first visit, \$17 for follow-up visits. By appointment only, Mondays, Nov. 11 & 25.

Hearing Clinic: Schedule an appointment at the Lowe Center for a free hearing test and hearing aid cleaning/adjustments. Tuesdays, Nov. 12 from 9 a.m. to 4 p.m.

Line Dance: Line dancing is a fun way to get exercise with your favorite music. Join us Tuesdays at 3 p.m. for free.

Massage: Let Massage Therapist Kirsten Bugy work away your aches and pains every Tuesday. Cost is \$26 for 30 minutes, \$45 for an hour, by appointment only. First Tuesday, 2 - 7 p.m., all other Tuesdays, 9 a.m. - 3 p.m.

R.A.D. Practice Class: Deputy MaKenzie Kreiner of the Sheriff's Office will hold a practice class on Wednesday, Nov. 13 from 9:15 to 9:45 a.m. This is only for those who have completed the 3-day R.A.D. course.

S.E.A.T. / Stretch Class: Designed for those with limited functional ability so that you 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. Only \$10 per month. Mondays & Wednesdays, 9:45 - 10:30 a.m.

Yoga (Monday): Let yoga help fight the stress of the workday with instructor Karen Sommers. Mondays, 5:45 to 7 p.m. \$8 per class.

Yoga (Saturday): Enjoy the increased flexibility that yoga can provide. Instructor Amy Crennell welcomes newcomers. Saturdays, 9 to 10:15 a.m. \$8 per class.

Zumba Gold: Join the ultimate Dance-Fitness Party that beats a boring old workout any day. If you like to dance or are just interested in achieving your health goals while having fun, then Zumba Gold is just for you. It is a low impact Latin dance based class geared toward achieving your fitness goals, gaining confidence, and improving balance and stability. Cost is \$20 per month. Mondays & Wednesdays, 8:15 - 9 a.m. First class is FREE!

Lifelong Learning

CRAFT CLASS

Christmas Sock Gnome Class: Join us in this merry celebration to create your own magical little Christmas Gnome all made out of socks. All supplies are included, but you are welcome to bring your own pair of Christmas socks if you so choose. Class size is limited, so please call to register. Cost: \$15 fee for 1 gnome or \$20 for 2. Thursday, Nov. 14 from 1 to 3 p.m.

Color Your World (Watercolor Class):

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. November's watercolor is "Christmas Poinsettia." Tuesday, Nov. 12, 12 - 3:30 p.m. Cost is \$18. Registration is required one week in advance.

Health & Wellness

Drug Drop: Turn in expired or unwanted pills, capsules, and tablet medications for proper disposal. Please note, no liquids, inhalers or needles can be taken. Drugs are only accepted from 10 a.m. to noon, Thursday, Nov. 7. Drugs can be dropped off at the Cass County Sheriff's Office at any time.

What's Happening at the COA



Lifelong Learning *(cont.)*

SPECIAL PRESENTATION

Veterans Day Presentation:

Starks Family Funeral Homes invites veterans and their spouses to join us for a complimentary veteran's lunch with a presentation prior to lunch entitled "Honoring our Heroes." Learn about the National Cemetery System as well as veteran's burial benefits. Presented by Starks Family Funeral Homes. Monday, Nov. 11, 11 a.m. - 12 p.m.

PROTECT YOUR ASSETS

SCAMS/Home Safety: Come learn about the latest scams and how to guard yourself from being a victim. Also, discover ways to protect your house while you are at home or away on vacation. Presenter: Deputy MaKenzie Kreiner, Cass County Sheriff's Office. Tuesday, Nov. 19 from 11 a.m. - 12 p.m.

Computer Support: Are you having computer issues? Help is available with Laura Nichols on Thursdays, Nov. 7 & 21 from 8:30 a.m. to noon by appointment only.

Computer Use and Assistance: Several public-use computers are available for use during normal business hours. Get personalized assistance from volunteers Monday, Nov. 4 from 1 to 3 p.m.

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. Tuesdays, Nov. 5 & 19, 9:30 a.m. to noon.

Support & Assistance

Dementia Caregiver's Support Group:

Family members and friends are welcome as we provide education and support for those caring for someone with dementia. Care can be provided for your loved one free of charge in our Adult Day Service during this meeting if prior arrangements are made. Wednesdays, Nov. 13 & 27, 1 to 3 p.m.

Diabetes Support Group: Please join us as we discuss better strategies for self-care in your life with Diabetes. First Friday of every month, Nov. 1, 1 to 3 p.m.

Grief Support: Open to those who have experienced a loss of any kind. Thursday, Nov. 14 from 10 a.m. - noon.

Legal Clinic: Local attorneys volunteer time to answer legal questions. Appointments are required. Wednesday, Nov. 20.

MS Support Group: People with Multiple Sclerosis and their loved ones share support and learning opportunities in this free group. Tuesday, 1 to 3 p.m. Nov. 19.

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. Tuesday, Nov. 12, 1 to 3 p.m.

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. Tuesday, Nov. 5, from 1 to 3 p.m.

Veteran's Affairs: Cass County's Veterans Affairs representative Tom Green is at the Lowe Center this month to help answer questions about veterans' benefits, including medical prescription benefits. Thursday, Nov. 14, 10 a.m. to noon. No appointment required.



Active Living

Bingo: Follow the lunch hour by playing for fun and prizes Mondays and Wednesdays beginning at 12:45 p.m., cost is \$2.25, and birthday bingo is Wednesday, Nov. 20.

Champagne Flutes: If you play a flute, then this is the group for you. This musical group plays for nursing homes and other venues. Practices rotate between the Lowe Center and Front Street Crossing on Wednesdays at 1:30 p.m. Contact Connie at the COA for more information. See pages 10 & 11 for dates.

Euchre Club: Get your card playing fix Thursdays at 1 p.m.

FSC Musicians: Do you enjoy playing a musical instrument? Why not join other music enthusiasts and jam with the FSC Musicians. Fridays, 11 a.m.

What's Happening at the COA



Hollywood Treasures: November's feature is "Dutch." To earn points with his new wealthy girlfriend, a working-class guy offers to drive her son to Chicago from an Atlanta prep school so they can all spend time together for the holiday. He quickly discovers that the son isn't the nicest of kids. Find out if they hash through their differences or not. Starring Ed O'Neil & Ethan Embry. Free movie (closed captioned), popcorn, and water at 1 p.m. Tuesday, Nov. 12.

SPECIAL EVENT

Thanksgiving Dinner: Stuff yourself early with our Thanksgiving Dinner Thursday, Nov. 21 at noon. Lunch is \$5 regardless of age. Sign up requested.

HONORING VETERANS

Veteran's Meal: As a way to say thank you, Starks Family Funeral Home would like to offer veterans and their spouse a free meal on Monday, Nov. 11, 11:30 to 1:30 p.m. Please call to reserve your meal. Regular meal prices will apply to all others.

Health & Wellness

Cardio Challenge - M/W/F: This class is low-impact with high-energy. You will challenge your entire body with a combination of cardio, strength training, and balance exercises. Mat exercises are also incorporated for a well-rounded workout. Cost is \$25 per month or \$5 for walk-ins. Meets 8 to 8:45 a.m. every Monday, Wednesday, and Friday. Ask about bundled class rates.

Cardio Challenge - T/Th: This is the same great Cardio Challenge class offered M/W/F only at a later time for the non-early riser. Cost is \$25 per month or \$5 for walk-ins. Meets 9 to 9:45 a.m. every Tuesday and Thursday. Ask about bundled class rates.

S.E.A.T. (Sit, Exercise, and Tone): This chair-based fitness class is great for anyone concerned with balance and stability. The focus is on maintaining flexibility and strength. Cost is \$25 per month or \$5 for walk-ins. Meets every Monday, Wednesday, and Friday, 10 to 10:45 a.m. Ask about bundled class rates.

Senior Stretch: Stretch your way into a better you. Gain mobility, flexibility, and range of motion in this 45 minute class. Improve your posture, circulation, and balance all while relieving pain and stress. Cost is \$25 per month or \$5 for walk-ins. Come and stretch with us Tuesdays and Thursdays, 10 to 10:45 a.m. Ask about bundled class rates.

Tai Chi - Day: 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. Mondays and Wednesdays at 11 a.m. Cost is \$20 per month. Ask about bundled class rates.

Tai Chi - Night: This is the exact same class as what is offered during the daytime only now at a more convenient time for the working person. Mondays and Wednesdays from 6 to 7 p.m. Cost is \$20 per month. Front Street Crossing's door will be locked right at 6 p.m. so please be sure to arrive early. Ask about bundled class rates.

Vim & Vigor Transitions: This class begins with a stand-up energizing aerobic workout and ends with a chair cool down and stretch. The focus is on heart health, strength, flexibility and balance. Meets every Monday, Wednesday, and Friday from 9 to 9:45 a.m. Cost is \$25 per month or \$5 for walk-ins. Ask about bundled class rates.

Lifelong Learning

CRAFT CLASS

Christmas Sock Gnome Class: Join us in this merry celebration to create your own magical little Christmas Gnome all made out of socks. All supplies are included, but you are welcome to bring your own pair of Christmas socks if you so choose. Class size is limited, so please call to register. Cost: \$15 fee for 1 gnome or \$20 for 2. Tuesday, Nov. 12 from 1 to 3 p.m.

Computer Use and Assistance: Several public-use computers are available for use during normal business hours. Get personalized assistance from volunteer Tim Wiggins on Fridays, Nov. 1 & 15 from 9 to 11 a.m.

Hours & Locations

Lowe Center:

60525 Decatur Road, at the corner of M-60 and Decatur Road in Cassopolis.

Monday - Thursday: 7 a.m. to 7 p.m.

Friday: 7 a.m. to 5 p.m.

Saturday: 8 a.m. to noon.

Front Street Crossing, Dowagiac:

227 S. Front St.

Monday - Friday 7 a.m. to 4 p.m.

Program Information

COA programs are held at several locations throughout Cass County.

All programs are subject to change; please call 269-445-8110 to confirm dates, times and locations prior to attending.

Donations & Support

*Includes donations received between
September 11, 2019 – October 10, 2019.
Donations received after that date will be acknowledged
in the next edition of the Messenger.*

In Memory & Honor of...

In Memory of Marlin Allen
Martha Allen
Cass County VFW
Marie Sievert

In Memory of Russell Morlan
Shirley Morlan

In Honor of Louise White
Jennifer Shobert

More Donors & Supporters:

Annual Campaign
Gordon Luthringer

We Know YOU can make a difference!

What is planned giving?

Planned giving is a type of charitable giving that allows you to express your personal values by making a significant charitable gift during your life or at death that is part of your financial or estate plan.

Cass County COA can be named as a beneficiary in your will in a number of ways:

Outright Bequest: You can specify an outright gift of cash, securities, real estate or tangible personal property.

Residual Bequest: Provides that, after specific bequests are made to named individuals, the amount remaining in the estate is left to the Cass COA.

Contingent Bequest: Means that the Cass COA will receive certain assets only if a named individual does not survive you.

Testamentary Trust: Such a trust can provide income for another person or persons for life, with the principal ultimately passing on to the Cass COA.

Codicil: If you already have a valid, up-to-date will, you can have your attorney prepare a Codicil to your will naming the Cass COA as a beneficiary without having to rewrite your entire will.

Life Insurance: Provides another excellent means for making a gift to Cass COA. This can be done either by purchasing a new life insurance policy or by contributing a policy which you currently own, but no longer need.

If you believe strongly in the work being done by the Cass COA, and wish you could give more, please consider Cass COA when you are doing your estate planning.



Mary Poppins at Drury Lane Theatre

Wednesday, December 11

Join us for this very special event as we head to Oakbrook, IL for dinner and a show at the Drury Lane Theatre. Sit and enjoy your meal when you arrive and then make your way into the theatre for the feature presentation of Mary Poppins the Musical.

Channel your inner child as you journey along with Mary Poppins and delight in all the memorable songs.

Call (269) 445-8110 to reserve your spot by November 27.

Depart the Lowe Center: 9:30 a.m.

Return: 6:30 p.m. (Approximate Time)

Cost: \$110 per person includes transportation, lunch, musical, & gratuity

Late cancellations will NOT be refunded.



Medicare Open Enrollment Continues

The Cass County COA is taking appointments for anyone with questions for the Medicare Advantage and Medicare Drug Plan open enrollment period, which runs through December 7. This is the time for those in the plan to change or cancel drug coverage for 2020.

Anyone wishing to receive assistance with finding information and choosing a new plan can call the COA at (269) 445-8110 or (800) 323-0390 to schedule an appointment. Please make an appointment early to avoid any last-minute rush.

Fruit Belt Woodcarvers Show

Saturday, November 2
10 a.m. - 5 p.m.

Sunday, November 3
10 a.m. - 3 p.m.

FREE Admission
FREE Parking

Door Prizes
Catered Lunch

Constantine American Legion

65079 US 131 N
Constantine, Michigan

Thanksgiving for Local Veterans

Midwest Energy & Communications (MEC) has partnered with the Cassopolis VFW's Ladies Auxiliary #10704 to serve a free Thanksgiving meal to local vets, their families and friends on Wednesday, Nov. 20 from 10:30 a.m. - 12:30 p.m. The meal will be served at the VFW, 131 S. Broadway St., Cassopolis.

"Vets hold a special place in our hearts at MEC, and this Thanksgiving meal is our way of giving back to those who have given so much for our freedom," said Patty Nowlin, vice president of corporate communications at MEC.

MEC employees will deep-fry turkeys, bake hams and prepare traditional Thanksgiving side dishes and desserts. They will also help serve meals and provide support to the Ladies Auxiliary throughout the event.

"We encourage those who have served to bring their loved ones and enjoy great homemade food and good company as we usher in this season of reflection and gratitude," said Nowlin.

For those attending, donations are welcome but certainly not required.

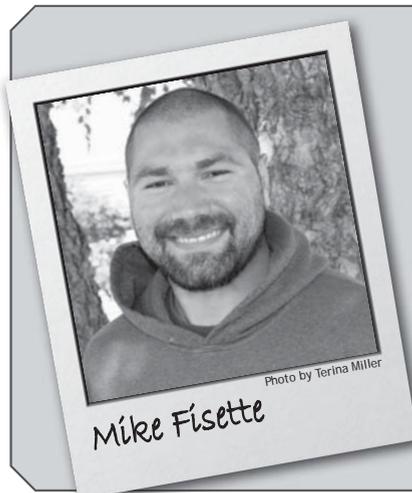


Volunteer Victory

Cassandra Morris has been volunteering in the COA's Adult Day Services every Thursday for over a year. She enjoys helping with exercise and always sets the table for lunch. Cassandra also assists with serving lunch to the participants and when she's not busy helping, you can find her dancing away to whatever music is playing.



Cassandra Morris
Photo by Terina Miller



Mike Fisette
Photo by Terina Miller

Employee Spotlight

Mike Fisette started working at the COA as part time seasonal maintenance in March 2016, but now is a year round employee. He is always busy and is a very hard worker, which would explain his huge appetite and love for food. Mike is easy going and greets everyone with a big smile or laugh.

DAILY MENU <i>(Menu is subject to change without notice. Daily vegetarian option available. Please see cashier first.)</i>			
Date	SNS Main Entrée*	Café Entrée	Café Fresh Salad
Fri, Nov 1	Fish Sandwich	BBQ Beef Sandwich	B.L.T. Salad
Mon, Nov 4	Stuffed Green Peppers	Pepperoni Pizza	Cattleman's Salad
Tue, Nov 5	Breaded Chicken	Polish Sausage	Grilled Chicken Salad
Wed, Nov 6	HOT BREAKFAST / 8 - 9:30 a.m. (Lowe Center Only)		
	Salisbury Steak	Egg Salad Sandwich	Chicken Taco Salad
Thu, Nov 7	LC Dining Room CLOSED - Pulled Pork Sandwich (FSC ONLY)	LC Dining Room CLOSED - Bratwurst (FSC ONLY)	LC Dining Room CLOSED - Seafood Salad (FSC ONLY)
Fri, Nov 8	Traditional Goulash w/ Noodles	Pesto Turkey Sandwich	Tuna Salad
Mon, Nov 11	Swiss Steak	Cheeseburger	Custom Salad
Tue, Nov 12	Lasagna Casserole	BBQ Chicken Pizza	Crispy Chicken Salad
Wed, Nov 13	Bratwurst	Italian Beef	Flatbread Salad
Thu, Nov 14	Chicken Teryaki	Roast Beef Sandwich	Grilled Chicken Salad
Fri, Nov 15	Philly Steak	Tuna Salad Sandwich	B.L.T. Salad
Mon, Nov 18	Fried Fish	Meatball Sub	Chicken Taco Salad
Tue, Nov 19	Chicken Fried Steak	BBQ Bacon Burger	House Salad
Wed, Nov 20	HOT BREAKFAST / 8 - 9:30 a.m. (Lowe Center Only)		
	Taco Salad w/ Meat	Three Meat Pizza	Custom Salad
Thu, Nov 21	Thanksgiving Meal - Roasted Turkey w/ Gravy	Thanksgiving Meal - No Café Entrée	Thanksgiving Meal - No Café Salad
Fri, Nov 22	BBQ Roast Beef	Italian Sub	Fruit Salad
Mon, Nov 25	Roasted Chicken	BBQ Rib Sandwich	Flatbread Salad
Tue, Nov 26	Salmon Patty w/ Tartar Sauce	Chicken Salad Sandwich	Roast Beef Salad
Wed, Nov 27	Country Chicken	Mushroom Swiss Burger	Crispy Chicken Salad
Thu, Nov 28	Closed for Thanksgiving	Closed for Thanksgiving	Closed for Thanksgiving
Fri, Nov 29	Closed for the Thanksgiving Holiday	Closed for the Thanksgiving Holiday	Closed for the Thanksgiving Holiday

LOCATIONS & HOURS

Lowe Center (LC)

Continental Breakfast
7:30 - 10 a.m. *(weekdays)*

Lunch** *(Provided by SNS*)*
11:45 a.m. - 1:15 p.m. *(weekdays)*

**Daily vegetarian option available.
Please see cashier first.

Chestnut Towers Apartments

SNS* meals served daily by
reservation only - call the
COA for more information.

Front Street Crossing (FSC)

Café Hours
10 a.m. - 2 p.m. *(weekdays)*
Coffee available during business hours.

Lunch** *(Provided by SNS*)*
11:30 a.m. - 1:30 p.m. *(weekdays)*

Grab and go selections available!

**Daily vegetarian option available.
Please see cashier first.



Italian Sub

Meals are funded by



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.

Handy Helpers Ramp Build with Chemical Bank of Dowagiac



Fall Tech Fair





Thanksgiving Dinner

at the COA

Thursday,
November 21
 Noon

The Messenger

Cass County Council on Aging
 P.O. Box 5
 Cassopolis, Michigan 49031

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

www.casscoa.org

Lowe Center and Front Street Crossing

Come together and give thanks with a traditional Thanksgiving meal and your friends at the COA

Entertainment: Mike Talbot (*Lowe Center ONLY*)

Dinner costs \$5 regardless of age.
 Advanced registration requested.

The Messenger
 November 2019