

Dining Senior Style



MEALS ON WHEELS OF NMCAA WILL BE CLOSED FOR THE HOLIDAYS ON:

DECEMBER 25—26 and JANUARY 1—2

Meals will be delivered ahead of time the previous week for routes that fall on those dates.

Grand Traverse / Leelanau:
231-947-3780 x1

Wexford / Missaukee:
231-775-9781

(Please note: If you receive meals from the Manton Senior Center, please confirm closure information with them.)



Director's Corner with Lisa Robitshek

Once again, we are excited to participate in the **Subaru Share the Love Event!** (see below).

Meals on Wheels is very proud to be a program of **Northwest Michigan Community Action Agency (NMCAA)**, which has a number of programs which may be helpful for you. We have included flyers about three specific programs that are currently available (see *Free Tax Prep on pg 4, Home Repair on pg 5, and Weatherization on pg 6*).

Below is a brief listing of all of the programs offered by NMCAA. To find out more, please call 231-947-3780 or go to www.NMCAA.net:


- ◆ Meals on Wheels and Senior Congregate Meals
- ◆ Food Distribution (CSFP and TEFAP)
- ◆ Early Childhood programs
- ◆ Home Repair & Weatherization
- ◆ Financial Management Services (Tax Preparation, Budget/Housing Counseling, Utility Assistance, Bankruptcy Counseling, etc.)
- ◆ Homeless Prevention, Foreclosure Prevention, and Veterans Services

As always, please let me know if you have questions, concerns or comments.
Lisa Robitshek


Closings due to weather


When Traverse City Schools are closed due to weather, then Meals on Wheels is also closed in Grand Traverse and Leelanau Counties.

Likewise when Cadillac Schools are closed due to weather, then Meals on Wheels is also closed in Wexford and Missaukee Counties.



December Spotlight





THANK YOU SUBARU OF AMERICA & SERRA SUBARU OF TRAVERSE CITY

Now through January 2, 2024, Subaru will donate to Meals on Wheels America and a portion of the funds raised will go directly to OUR Local Meals on Wheels of NMCAA.

Meals on Wheels Years of Service

Traverse City

Karen Burdick— 6 years



Senior Nutrition - Northwest Michigan Community Action Agency
3963 Three Mile Road, Traverse City, MI 49686 1-800-632-7334 www.mealswheelslove.org
"Like us" at www.facebook.com/Meals on Wheels of Northwest Michigan

Dining Senior Style Senior Meal Sites

The Hot Meal Program is so much more than community dining. We provide a great lunch in a safe environment to connect with new friends and engage as part of the community. For individuals 60+, the suggested donation is \$4.00. For those 59 and under, the cost is \$7.50.

Grand Traverse County Senior Center Network:

For a hot lunch reservation, call **231-922-4911 by Friday before the lunch week**. Please provide your full name, phone number, the date of lunch, and location you will be visiting.

- Traverse City: VFW 3400 Veterans Dr, Tuesdays, Wednesdays, and Thursdays, 11:30 a.m.
Please note that the Traverse City Senior Center on Front Street is closed during construction. Luncheons are held at the temporary location at the VFW—3400 Veterans Dr, Traverse City
- Fife Lake: 77 Lakecrest Lane, Tuesdays 12 p.m.
- Kingsley: 115 E. Blair St, Wednesdays 11:30 a.m.
- Interlochen: 1896 Rogers Rd, Thursdays 12 p.m.



Leelanau County:

Planning is underway to bring hot Congregate Meals back to the Friendship Center in Suttons Bay! The starting date will be determined in the near future! Please call Leelanau County Senior Services at 231-256-8121 for more information.

Wexford County:

Manton Senior Center, Harborview and Kirtland Terrace Congregate Site seniors are receiving hot meals Monday through Friday.



DECEMBER - Special Events at the Grand Traverse Senior Center Network Locations:

All special lunches are at 11:30 for the Traverse City Senior Center (VFW) and Kingsley locations. Fife Lake and Interlochen are 12:00 noon. All are by reservation only.

Call 231-922-4911 to reserve your spot. Suggested donation is \$4.00 for individuals 60 yrs. and older; \$7.50 for all others.

SPECIAL HOLIDAY LUNCHEON:

Fife Lake = December 19, 12 noon
Kingsley = December 20, 11:30 am
Traverse City = December 20, 11:30 am
Interlochen = December 21, 12 noon



ALL GRAND TRAVERSE SENIOR CENTER NETWORK SITES WILL BE CLOSED ON DEC 26, 27, AND 28

Humor Corner:

Where does the snowman get the weather report?
The winter-net!

Which is faster, hot or cold?
Hot.... You can catch cold pretty easily

What do grapes sing at Christmas?
Tis the season to be jelly



How do you wash your hands over the holidays?
With Santatizer!

What do you get if you eat Christmas decorations?
Tinsillitis

How do sheep say Merry Christmas to each other?
Fleece Navidad

What did the wise men say after they offered up their gift of gold and frankincense?
Wait, there's myrrh



Nutrition Tips for Ages 60+

Eating habits change throughout the life span. Learn how the foods and drinks choose each day help you meet daily nutrient needs, maintain a healthy body weight, manage and reduce the risk of chronic disease.

- Eat seafood, dairy or fortified soy alternatives, beans, peas, and lentils to help maintain muscle mass.
- Add fruits and vegetables to your meals and snacks. If slicing and chopping is a challenge, choose frozen, canned, or ready-to-eat options.
- Turn eating into a social event. Meals are more enjoyable when you eat with others. Invite friends to join you or take part in a potluck at least twice a week. Some community centers and places of worship offer meals that are shared with others. There are many ways to make mealtimes pleasing.
- The body's ability to absorb vitamin B12 can decrease with age. Taking certain medicines can also lower absorption. Eating enough protein and fortified foods can help the body get the vitamin B12 it needs. Speak with your healthcare provider to learn if you should take supplements and what is right for you.
- If you use or are thinking about taking dietary supplements, talk about this with your healthcare provider to learn what is right for you. This includes nutrition supplement drinks, which can have added sugars.

Source: <https://www.myplate.gov/life-stages/older-adults>



Leelanau County Senior Services



8527 E Government Center Dr
Suite 106
Suttons Bay, MI 49682

Phone (231)256-8121
Fax (231)256-8129



GRAND TRAVERSE COUNTY
COMMISSION ON AGING
520 W. FRONT STREET, SUITE B
TRAVERSE CITY, MI 49684-2237
(231) 922-4688 · FAX (231) 929-1645
E-MAIL ADDRESS: gtcoa@gtrcountymi.gov
HOMEPAGE: www.gtcoa.org



Phone: 231-922-4911
801 East Front Street
Traverse City, MI 49686

WEXFORD COUNTY



(231) 775-0133 - Fax (231) 779-0677
info@wexfordcoa.org

714 W. 13th Street
Cadillac, Mi. 49601



Missaukee County Commission on Aging | 1980 S. Morey Rd.
Lake City, MI 49651 | 231-839-7839



1609 Park Drive, P.O. Box 5946
Traverse City, MI 49696-5946
800.442.1713 | 231.947.8920



Who Qualifies? Families and individuals under \$75,000 AGI, seniors, persons with disabilities and those with English as a second language.

Who Prepares the Returns? IRS certified volunteers prepare and electronically file both federal and state returns free of charge.

What should I bring to the appointment? Bring your Social Security, pension and interest statements, wages and earnings statements (2023 Form W-2) from all employers, your 2022 tax return and other relevant information about income and expenses, as well as, Social Security cards and photo ID.

Please call or visit nmcaa.net/taxes to set an appointment		
Northwest Michigan Community Action Agency Offices—Opening in January		
Traverse City	3963 Three Mile Road	(231) 947-3780 (800) 632-7334
Cadillac	1640 Martyr Paul	(231) 775-9781 (800) 443-2297
Petoskey	2240 Mitchell Park Drive, Unit A	(231) 347-9070 (800) 443-5518
Virtual Tax Prep— Opening in January		
All Locations	Upload your documents to our tax preparers for 100% virtual free tax prep	Getyourrefund.org/nmcaa
Partner Offices—Opening in February		
First Baptist Church	6781 M66 -Charlevoix	No appointment needed. Open Tuesdays 9AM-1PM Feb13TH- April 9TH (231) 947-3780
Benzie Senior Resources	10542 Main St. - Honor	(231) 525-0600
Benzie Area Christian Neighbors	2804 Benzie Hwy- Benzonia	(231) 882-9544
Kalkaska Commission on Aging	303 S Coral St- Kalkaska	(231) 258-5030
Internet - Self Preparation— Opening in January		
Free/low-fee self-filing online. Skip the big fees from other websites and use: www.myfreetaxes.com		



HOME REPAIR PROGRAM

Funding for Emergency Repairs using grants or 0% deferred loans



- Installing or repairing wells or septic systems
- Repairing or replacing heating units or water heaters
- Repairing or replacing a roof that is leaking and damaging the interior of the home
- Repairing foundations that threaten the structural stability
- Providing handicap accessibility to the home or to bathroom facilities
- Repairing or replacing dangerous electrical connections
- Repairing plumbing leaks
- Emergency repairs or replacements that present a health and safety risk to the household occupants

** Must be owner occupied & have ownership for a minimum of 1 year
Mortgage, Homeowner's Insurance and Property taxes must be up to date.

EMERGENCY HOME REPAIR FUNDS ARE LIMITED. REFERRALS WILL ALSO BE PROVIDED TO OTHER ORGANIZATIONS FOR POSSIBLE ASSISTANCE.

WEATHERIZATION ASSISTANCE PROGRAM

Funded by the Department of Energy

- Home Energy Audit
- Updated Ventilation System
- Weather Stripping, Caulking, or General Air Sealing
- Furnace, Water Heater, Refrigerator Tune-Up or Replacement
- Attic, Foundation, Wall or Sill Box Insulation

Studies show an average of 15% to 40% reduction of fuel usage. (Actual results may vary.)



** Homes cannot be for sale, in foreclosure, or being remodeled at the time of inspection. Homes must be occupied by the applicant.

WEATHERIZATION ASSISTANCE PROGRAM IS NOT AN EMERGENCY PROGRAM, AND MAY TAKE UP TO A YEAR AFTER APPLICATION APPROVAL BEFORE THE ENERGY AUDIT TAKES PLACE

Contact Housing & Energy Efficiency Services for further information about both programs and the requirements to apply at

(231) 947-3780

HEESintake@nmcaa.net



WEATHERIZATION ASSISTANCE PROGRAM

DID YOU KNOW YOU COULD SAVE MONEY ON YOUR UTILITY BILLS, CONSERVE ENERGY AND IMPROVE AIR QUALITY WHILE IMPROVING THE COMFORT LEVEL IN YOUR HOME?

You may qualify for any of these free services:

- Home Energy Audit
- Updated Ventilation System
- Weather Stripping, Caulking, or General Air Sealing
- Furnace, Water Heater, Refrigerator Tune-Up or Replacement
- Attic, Foundation, Wall or Sill Box Insulation

Our office has multiple programs that offer FREE home repairs such as furnace or fridge replacement, insulation, and more!

GIVE OUR WEATHERIZATION TEAM A CALL AND SEE IF YOU ARE INCOME ELIGIBLE!

231-947-3780
HEESintake@nmcaa.net
www.nmcaa.net





Finish My Christmas Phrase

MEALS ON WHEELS STAFF HAVE CHOSEN THE CORRECT ANSWERS TO THE FOLLOWING PHRASES. CORRECT ANSWERS MUST MATCH EXACTLY TO COUNT.

TURN IN YOUR ANSWERS BY *DECEMBER 22, 2023* TO YOUR MEALS ON WHEELS DRIVER (OR MAIL TO OUR OFFICE) FOR A CHANCE FOR YOU TO WIN A BEAUTIFUL HOMEMADE QUILT. TOP WINNERS WILL HAVE CHOICE BETWEEN 3 LARGE QUILTS, 2 MEDIUM QUILTS, OR 8 LAP QUILTS.

JINGLE _____

JOY _____

WINTER _____

STOCKING _____

CANDY _____

GREETING _____

SILVER _____

WHITE _____

SILENT _____

HAPPY _____

NORTH _____

SNOW _____

SANTA _____

GINGERBREAD _____

JOLLY _____

MERRY _____

CHRISTMAS _____

GIFT _____

REINDEER _____

TREE _____

Your Name: _____

Phone Number: _____

*QUILTS GENEROUSLY HANDMADE AND DONATED BY
Sue Sobocienski and Pineneedler Quilt Club of Traverse City, MI*



Veteran Services & Support

Veteran Affairs (disability, pension, death benefits) **1-231-995-6070**

Grand Traverse County Chapter, disabled American veterans (transportation to VA medical facilities) **1-231-313-9357**

V.A. Clinic (health care) **1-231-932-9720**

Vet Center (PTSD, readjustment counseling) **1-231-935-0051**

Supportive Services for Veteran Families (Homeless Veterans) **1-844-900-0500**

Please contact one of these service providers if you or someone you know can benefit from any of these resources.

VA



U.S. Department
of Veterans Affairs

Meals on Wheels Assessments

Meals on Wheels assessments are a requirement by the state and an important service of the Meals on Wheels program.

Initial assessments (within 2 weeks of starting to receive meals) and yearly assessments must be conducted in person. Six-month reassessments may be conducted by phone, if certain criteria are met. If you have any questions, please talk to your assessor.

This assessment visit is an important opportunity to connect you, our clients, with helpful community resources and ask for feedback about how Meals on Wheels is meeting your needs. If you receive a call from our Assessors, please pick up or return their call. We know you will have a caring conversation that will be helpful for you and is required to participate in Meals on Wheels of NMCAA.

Meet our Assessors:

- Grand Traverse, Leelanau, and Missaukee counties—Jodi Simmer
- Wexford County—Staff from Wexford County Council on Aging (COA)



PACE (All-Inclusive Care for the Elderly)

PACE provides comprehensive medical care to support adults 55 and older who want to live at home. PACE will assist in coordinating medical appointments and services that support you to remain safe and independent in your home. Services include primary care, physical therapy, pharmacy, dietician, social worker, meals and so much more. If you struggle with coordinating appointments, managing your medications, or understanding all that you need to feel safe at home, PACE North may be able to help.

For more information or to schedule a tour contact Lori Wells at **231-252-3821** today!

We have a place at PACE for You!

Monthly Suggested Contributions Letters

Meals on Wheels of NMCAA is required to give clients an opportunity to pay a suggested donation for the meals they receive. Therefore, we send monthly suggested contribution letters that indicate the number of meals our records show each client received in the previous month.

Please note that the letters we mail are a request for donations and are NOT a bill that has to be paid.

We never want seniors to stop receiving meals because of inability to donate.

Meals on Wheels of NMCAA understands that not everyone is able to contribute the suggested amount of \$3.00 per meal (approximately half the total cost).

The staff and volunteers of the Meals on Wheels Program are honored to serve you. If you have any questions, concerns or suggestions, please call us at any time.

**Grand Traverse & Leelanau Counties:
231-947-3780**

**Missaukee & Wexford Counties:
231-775-9781**