

# The Trumpeter



## *Manchester Area Senior Citizen's Council*

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The **Manchester Area Senior Citizens Council, Inc.** is proud to announce the success of our fundraiser held at Emanuel Church during Manchester's "Christmas in the Village" celebration Saturday, December 3<sup>rd</sup>. We **thank** the many **merchants** whose donations made the raffle possible. Thanks to the **bakers**—oh, the aromas—! Thanks to those who **knitted, crocheted, and sewed** for the sale. We especially thank **those who purchased** the raffle tickets and all the goods that we had to sell. A final "thank you" goes out to **Emanuel Church** for the **FREE** table space for our sale.

A **HUGE THANK YOU** from the Manchester Area Senior Citizens Council, Inc. to all The **Manchester Community** for your support!!!



**LC KLAGER ELEMENTARY SCHOOL . . .** on Wednesday, December 7<sup>th</sup>. treated all Senior Citizens to a grand tour of the school, some delightful Christmas caroling, and a yummy turkey dinner, including homemade pie. Thank you, Klager staff and all Klager students, for your thoughtfulness. You are appreciated!



A great big  
**THANK YOU**

TO ...

**The K Kids of Klager Elementary School and  
The Manchester Middle School Builders Club**

The Holiday cards were delightful. Every card contained a well-thought-out verse/seasonal wish. The lovely candies were delicious. Who can resist sugar and chocolate packaged so prettily?!?!

Thank you all for remembering us at Yule-time!

## **FOR YOUR INFORMATION:**

The **Manchester Area Seniors Citizens Council, Inc.** was founded to serve the people of the Townships of Bridgewater, Freedom, Manchester, Sharon and the Village of Manchester. We welcome all. See our calendar on the back page. On page 3 find the list of Activities Pam has planned for those who would like to ride our bus. You will notice that the bus fares are minimal. Call Pam at 734-385-6308 before scheduling a doctor's appointment. She will work with you to use the bus for your medical run.

Please join us on **Facebook**. However, we ask that you **not** attempt to do so in order to **sell** goods or services. Our Facebook page is there to connect us as seniors and to promote our meals and activities as the MASCC, Inc.



→→ **NEW MEMBERS** →→



## **COMING SOON! BOARD ELECTIONS!**

**Five Board Members' Terms Expire** in Feb. We will hold elections at the Annual Board meeting on Feb. 8, 2017. Please give some thought to serving on **your** Board. Perhaps you would encourage someone else to join you as a nominee at the February meeting?!? Once the new Board is seated, they will vote, among their number, a new slate of officers.



## **WE EXPRESS OUR HEARTFELT CONDOLENCES**

To Mike Helton's many loved ones.

From 3p to 5p on January 22, there will be a Gathering at the Borek-Jennings Funeral Home, 207 E. Duncan St. Manchester.

A short Service, honoring Mike, is planned for 5p.  
Mike, we all miss you!

**MASCC MISSION STATEMENT...**

**TO BE OF SERVICE AND ENHANCE THE LIVES OF THE MANCHESTER AREA SENIORS.**

# SENIOR HAPPENINGS

**Movin' 'n' Groovin'** returns on Monday, Jan. 9<sup>th</sup> from 10:30-11:15a.m. in the Village Room. Sara makes it fun to exercise to music while seated. If the Manchester schools are cancelled for any reason, Sara will not come to Manchester just for us. Sara coordinates her Mondays between the schools and the Seniors. If you have any questions, please...  
call Margaret at 517-673-7665.



The MASCC, Inc. **monthly meals** resume at noon on Tues., Jan. 10, 2017 at the Emanuel UCC dining room.

The next **MASCC, Inc. Board Meeting** is Wed., January 11, 2017 at 9:30a.

**-ALL ARE WELCOME-**



Our monthly **Birthday Celebration** will be Thurs., January 12<sup>th</sup>. There will be cake and candles.

## **ELDER ABUSE PRESENTATION**

Through Cynthia Schloss and Catholic Social Services of Washtenaw County, Kevin Bell will present the theme, **Elder Abuse**, on Thursday, January 19.

### **TOPICS COVERED:**

Understanding Elder Abuse  
Warning Signs  
Recognize Financial Exploitation  
Fraud and Scams: Dos & Don'ts  
Planning for unexpected life events  
What to do if you suspect Elder Abuse  
What every person can do to help  
Community Resources.



## **HORSE RACING**



**Megan of Cambrian Assisted Living** arrives on **Thursday, January 26<sup>th</sup>**, with her horses. So, be ready to "bet" on those nags. Megan always brings lots of prizes and the horses run several races. Vern's favorite, Ole Swayback, won a couple of times in October!!  
This is all **FREE FUN!!**

### **NOTICE**

\*\*\*At the September 14<sup>th</sup> meeting, the Board voted to raise the bus fare for Turkeyville to \$15.00 (fifteen dollars).\*\*\*

## **Ladies! Ladies!! Ladies!!!**

The **All-Chocolate Potluck**, for **women and girls only**, is on Saturday, January 28<sup>th</sup> at 1p. There is no charge, as this event is not a fundraiser. It is just for fun! Head to the **Manchester UM Church Fellowship Hall** with a dish to pass that includes chocolate as an ingredient.



## **FROM THE MARCH 2007....**

### **Talking About Disaster:**

**Guide for Standard Messages**  
(These are helps for first-responders.)

**YOU** may be that person.

**"Frostbite and Hypothermia** are cold-related emergencies that may quickly become life or limb-threatening. Preventing cold-related emergencies includes not starting an activity in, or around cold water unless you know you can get help quickly in an emergency. Be aware of the wind chill. Dress appropriately and avoid staying in the cold too long. Wear a hat and gloves when appropriate with layers of clothing. Drink plenty of warm fluids or warm water but avoid caffeine and alcohol. Stay active to maintain body heat. Take frequent breaks from the cold. Avoid unnecessary exposure of any part of the body to cold. Get out of the cold immediately if the signals of hypothermia or frostbite appear. Frostbite is the freezing of a specific body part such as fingers, toes, the nose or earlobes.

### **SIGNALS OF FROSTBITE INCLUDE ---**

Lack of feeling in the affected area; skin appears waxy, is cold to the touch, or is discolored (flushed, white or gray, yellow or blue)

### **WHAT TO DO FOR FROSTBITE---**

- 1 - Move the person to a warm place.
- 2 - Handle the area gently; never rub the affected area
- 3 - Warm gently by soaking the affected area in warm water (100-105 degrees F) until it appears red and feels warm.
- 4 - Loosely bandage the area with dry, sterile dressings
- 5 - If the person's fingers or toes are frostbitten, place dry, sterile gauze between them to keep them separated.
- 6 - Avoid breaking any blisters.
- 7 - Do not allow the affected area to refreeze.
- 8 - Seek professional medical care as soon as possible.

### **SIGNALS OF HYPOTHERMIA INCLUDE---**

Shivering, numbness, glassy stare; apathy, weakness, impaired judgment; loss of consciousness

### **WHAT TO DO FOR HYPOTHERMIA---**

- 1 - CALL 911 or the local emergency number
- 2 - Gently move the person to a warm place
- 3 - Monitor breathing and circulation
- 4 - Give rescue breathing and CPR if needed
- 5 - Remove any wet clothing and dry the person
- 6 - Warm the person *slowly* by wrapping in blankets or by putting dry clothing on the person. Hot water bottles and chemical hot packs may be used when first wrapped in a towel or blanket before applying. *Do not* warm the person too quickly, such as by immersing him or her in warm water. Rapid warming may cause dangerous arrhythmias. Warm the core first (trunk, abdomen), not the extremities (hands, feet). This is important to mention because most people will try to warm the hands and feet first and that can cause shock."

# JANUARY

## ACTIVITIES



# BIRTHDAYS

## THIS MONTH

6-Pittsfield Cards Time-6:00 Bus-\$4.00  
- Or -

### Dinner Out

Harold's Place	Time-5:00	Bus-\$4.00
Steaks	Time-5:00	Bus-\$5.00
Knights Inn	Time-5:00	Bus-\$5.00
9-Legion Cards	Time-6:30	Bus-\$2.00
13-Saline Cards	Time-6:30	Bus-\$4.00
16-Legion Cards	Time-6:30	Bus-\$2.00
17-Chelsea Concert	Time-7:00	Bus-\$4.00
20-Manchester Cards	Time-6:00	Bus-\$2.00
21-Bridgewater Cards	Time-7:00	Bus-\$4.00
23-Shopping	Time-10:00	Bus-\$5.00
23-Legion Cards	Time-6:30	Bus-\$2.00
27-	Dinner Out	
Red Lobster	Time-5:00	Bus-\$5.00
Outback	Time-5:00	Bus-\$5.00
TGIF	Time-5:00	Bus-\$5.00
28-Chocolate Potluck	Time-1:00	Bus-\$2.00

1-2 Vern Kulenkamp  
1-3 Julie Hammer  
1-5 Bonnie Hertler  
1-12 Jean Little  
1-12 Irma Weidmayer \*  
1-14 Henry Walters  
1-19 Norma Every  
1-23 Janice Steinhauer  
1-24 Larry Lehman



\*complimentary Birthday Meal served Thursday, January 12



**Yoga Classes** resume on Tuesdays, January 17 thru March 28, 2017 from 9:30a-11:00a at the Manchester UM Fellowship Hall.

**Boy Scouts' Coney Nite** occurs on the 3<sup>rd</sup> Thursday of each month at the Manchester UM Church Fellowship Hall. The next meal will be on Jan. 19 from 4:30-7p.



## ATTENTION:

If **Manchester Schools** are closed due to inclement weather, no Senior meal will be served at Emanuel UCC on that day. On questionable days, please stay tuned to your radio stations: W4Country-102.9fm and WJR-760-am. You may also watch the Detroit TV channels 2, 4, or 7.



Moreover, if Pam has a scheduled activity on a snowy/icy/foggy day, **Pam will determine** whether or not the bus runs for that event. Of course, Pam will contact you if you are signed up to ride the bus on a day Pam deems is unsafe to be on the road.



*Continue checking the Trip book for a dinner and a play in Turkeyville.*

**\*\*No Bus service between Christmas and the New Year.\*\***



**Old Man Winter has arrived in Michigan!!**

For all those needing bus service in the coming months, your driveway and walkway must be cleared of ice and snow. Pam and her assistant will be unable to serve you if you have not provided a safe place to drive, park, and walk.







## HELP WANTED:



The MASCC, Inc. is looking for a **substitute bus driver**. The driver will need a CDL and a Health Card. If interested, please contact Bonnie Hertler at 517-404-1938 or [bonniehertler@gmail.com](mailto:bonniehertler@gmail.com).

# JANUARY 2017

EMANUEL UNITED CHURCH OF CHRIST, BASEMENT HALL  
 SENIOR MEALS AT NOON  
 Transportation and Meals call – 734-385-6308  
 Delivery call by 10 am of day you wish the meal delivered

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
***** At all meals, there vegetable, These are subject depending on	***** will be a salad, and dessert. to change what is in season.	 Happy New Year		 happy birthday			
1	2	3	4	5	6	7	
NEW YEAR'S DAY	8	9	10	11	12	13	
		CHICKEN PINEAPPLE, RICE, BROCCOLI, SALAD & PUDDING	BOARD MEETING 9:30 AM.	BIRTHDAY MEAL MEATLOAF, MASHED POTATOES, VEGETABLE, SALAD, ICE CREAM AND CAKE		14	
15	16	17	18	19	20	21	
	MARTIN LUTHER KING JR. DAY	PORK CHOPS, CHEESEY POTATOES, VEGETABLE, SALAD AND CAKE		CHICKEN 'N' BISCUITS W/PEAS, SALAD, VEGETABLE & BROWNIES	ELDER ABUSE PRESENTATION		
22	23	24	25	26	27	28	
		LASAGNA, SALAD, COTTAGE CHEESE & PEACHES		BAKED CHICKEN THIGHS & DRUM STICKS, SQUASH, BAKED POTATOES, MIXED FRUIT	HORSE RACING AFTER THE MEAL		
29	30	31	 <b>January</b>				<b>ALL DELIVERED MEALS \$5.00</b>
		HAM, ESCALLOPED POTATOES, GREEN BEANS, SALAD, APPLESAUCE					

Meal Prices for 55+ are: Dine in or Pick-up \$4.00; Birthday Meal is \$2.50; 90+ FREE Birthday Meal;  
 Under 55: \$4.50 Dine in or Pick-up. Delivered Meals \$5.00.