



# NEWS

"Informing,  
Educating,  
&  
Caring"

Commission on Aging

[www.rccoa.net](http://www.rccoa.net)

April 2019

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**All Centers open 9:00 a.m.-  
3:00 p.m. Monday through  
Friday. Lunch served at noon.**

*Join us at your center of choice for*

## *Easter Dinner*

*Ham*

*Au Gratin Potatoes*

*Beets*

*Assorted Rolls*

*Dessert*



*Thursday,  
April 18, 2019  
12:00 Noon*

*Please RSVP to your  
center of choice by  
Tuesday, April 9, 2019*

### **Our Mission:**

*The purpose of the Roscommon County Commission on Aging is to promote the welfare, independence, safety and health of our senior citizens through various programs.*

Roscommon County Commission on Aging, Inc.,  
Board of Directors' will hold its regular meeting:

**Wednesday, April 17, 2019, 1:00 p.m.**

Houghton Lake Center

2625 S Townline Road

Houghton Lake, MI 48629

Everyone is welcome to attend.

## Mr. P's Adventures

Mr. P sure appreciates your help finding those spring bulbs...now if this snow would just melt away he could get them in. Can you believe it's April already?! Where does the time go! As he was perusing the newsletter, Mr. P saw that the activities are picking up...so much to do and so little time to do it in. April looks really busy with Easter and all those activities going on. Easter dinner at the centers sounds good. And Deb is taking a group to Dow Gardens to see the butterflies again...Mrs. P sure would enjoy that trip. But he saw another trip...it doesn't happen til May...to Grand Rapids to see a theatrical production. He thinks it was called Waiter or maybe Waitress...Yes, that was it. He can't find it again in the newsletter, can't remember what page it was on. He would like to tell a friend about it. He needs your help! Can you find the page number for him? When you do, let your Center Manager know where it is so she/he can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Thursday, April 11**. Deadline to enter is **Tuesday, April 9, 3:00 p.m. (All the centers are closed on Wednesday, April 10.)** You don't have to be present to win—just make sure the center manager has your phone number so she/he can call you if you won. "Meals-on-Wheels" people, you can participate, too. Call your center manager. If you win, your meal driver will deliver the gift card. Mr. P wishes everyone a **Happy Easter!**



## From the Director...

Welcome Spring!!!!

I'll be honest, I am very happy to see the snow melting. And I realize we aren't out of the woods yet but we are getting closer! The more that melts now, the less that needs to. Pretty soon our snowbirds will be returning as well!



A while ago I was asked if I knew where to get fire extinguishers checked...It may have taken me a bit but I have the answer! You can have them checked at the Houghton Lake Center! Yep, that's right, Brad Burger from Mid Michigan Fire Protection will be at our Houghton Lake Center Wednesday, April 24, from 10 a.m. until 1 p.m. to perform safety checks and, if necessary, recharge your fire extinguishers! Brad performs the yearly maintenance of the agency's extinguishers and kitchen exhaust systems and has offered to check yours as a courtesy. If yours needs to be recharged, there will be a nominal charge of \$10.00 but he'll be able to do it on site while you wait.

Don't worry...St. Helen and Roscommon Centers will be scheduled next month!

As always, wishing you the best!

*Tom*



As we celebrate Easter, let us first remember the sacrifice of Christ on the cross and the amazing hope His resurrection gives us. In a world that seems filled with darkness, through faith in Christ, we have salvation!



The *News* is published monthly by the Roscommon County Commission on Aging (RCCOA) and is distributed free of charge to Roscommon County residents. "Views and comments expressed in the *News* are not necessarily the views and comments of the RCCOA, its staff or its board. The *News* is funded in part by advertising dollars, but the RCCOA does not necessarily endorse any one business or organization." For information on advertising in the *News*, contact Betty at 989.366.0205.

# Yogurt



Yogurt makes a filling, portable meal, with ample protein to help you power through your day. You can also use it as a versatile addition to dressings, dips, marinades, smoothies, and soups in place of sour cream, which supplies fewer nutrients. Eating yogurt on a regular basis has the added benefit of supporting different aspects of health.

An 8-ounce container of plain, low-fat yogurt supplies 12 grams of protein for just 143 calories—24 percent of the daily value for this nutrient on a 2,000-calorie diet. If you choose 7 ounces of plain, low-fat Greek yogurt, you increase the protein count to 20 grams for the same number of calories. Protein supports muscle, organ, and tissue development and function, and keeps you feeling satiated, so you don't overeat.

In addition, a container of plain, low-fat yogurt is an excellent source of calcium, a nutrient that builds strong bones and teeth. One 8-ounce serving supplies a whopping 42 percent of the daily value for this mineral.

As a fermented dairy product, yogurt contains probiotics, cultures that support the growth of "friendly" bacteria in the gut. Probiotics promote good digestive health by helping you absorb more nutrients from food as it travels through the digestive tract. A study published in *Advances in Nutrition* in 2017 found that eating yogurt with fruit provides a perfect combination of probiotics and prebiotics—a type of fiber that also improves digestion.

You can undo some of the benefits of eating yogurt regularly if you don't choose brands wisely. The best yogurt for overall health is plain—whether regular, Greek, or Icelandic, and whether it's made from the milk of cows, sheep, or goats. To enjoy yogurt for breakfast or as a snack, add cut fruit or a dab of honey instead of buying sugary, flavored varieties. Also, whole-milk yogurt is much higher in saturated fat than low-fat varieties, so read the label to make an informed decision.

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## Neurogenic Support Group

### “Brain Matters”

Lead by Julie Ignatowski, MA, CCC, SLP  
Speech Language Pathologist Alliance Health

will meet

**Wednesday, April 10**

**4:30—6:00 p.m.**

**Houghton Lake Center**

Anyone affected by stroke, traumatic brain injury, (TBI/ Concussion Syndrome), Parkinson’s Disease, Multiple Sclerosis (MS), Amyotrophic Sclerosis (ALS), or other neurogenic disease/disorder is encouraged to attend, including survivors, caregivers, or anyone wanting more information. Call Debra at 989.366.0205 to sign up.



**Please mark your calendar to donate at this blood drive!**

**Appointments preferred**

**Here’s where and when:**

**Houghton Lake Center**

**Tuesday, April 9, 2019**

**10:00 a.m.-3:00 p.m.**



**2625 S Townline Road  
Houghton Lake**



**Sponsored by the RCCOA**

To make an appointment, call Deb, 989.366.0205

Michigan Blood is a local nonprofit and their mission is to help people make a life-saving difference through blood products and service excellence.



## CAREGIVER SUPPORT GROUP

**Monday, April 1**

**Monday, April 15**

**Monday, April 29**

**1:00 p.m.**

**RCCOA Offices &  
Serenity Day Lodge**

**1015 Short Drive, Suite A  
Prudenville, MI 48651**

**Caregivers:** Feel alone, stressed out, at your wits end? Need someone to talk to—just to listen...or maybe learn some new ideas of how to cope with caregiving? Come to our caregiver support group. This group is open to all—whether you are caring for a child, a parent, a spouse, or someone else. Interested or have questions, contact Betty at the RCCOA, 989.366.0205.



## VETERANS:

### WE ARE HERE TO ASSIST!

The Roscommon County Department of Veterans Affairs will be at the Houghton Lake Center Tuesdays from 11:00 a.m.-1:00 p.m. This is a full working office with a staff who is able to assist veterans and/or dependents in locating missing separation documents, filing of service connected claims for disabilities, processing applications for low income pensions and assisting veterans in arranging transportation for VA appointments and/or clinics. If you have any questions or wish to make an appointment for our office in Roscommon, please call 989.275.6047.



**Cancer Support Group** will begin meeting:

**2nd Friday of the month**

**10:00 a.m.**

**Houghton Lake Center**

The support group is designed to provide educational, emotional and social support for those touched by cancer. It will be led by one of our seniors, Loralie Reinhardt. Questions call Debra.



# Spring



T L E M W O N S S S A R G L A  
 G C Y C L A M E N S A L I L P  
 G N G R O W T H R L L L L R S  
 O Y I I D L S A R A I E S N N  
 L A L N K A I E B E R R O H E  
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 I O B Q R A L E O E C S A B E  
 R S T U B E S C D D F O S W A  
 I A F I G R N N G L I N R H V  
 S E O N N R A E O N I L C C E  
 E S S O I D E W W B I R S B S  
 S I N X R G E E O A A R M E G  
 A Y F L P R O R N M L W P E O  
 E T E W S S P I L U T R S S R  
 R E T S A E P L A N T I N G F



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 GREEN  
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 IRISES  
 LILIES  
 MARCH  
 MAY  
 NEW LEAVES  
 PLANTING

RAIN  
 RENEWAL  
 ROBINS  
 SEASON  
 SNOWMELT  
 SOFTBALL  
 SPRING BREAK  
 SPRING CLEANING  
 TULIPS  
 WARMER  
 WET



Find and circle all of the hidden words. The remaining



# Cholesterol Quiz

Region 9 Area Agency on Aging  
Kelly Robinette, DTR  
Health, Wellness, Nutrition Information and Updates

*“The food choices you make have a significant impact on your cholesterol level and the health of your cardiovascular system and heart. Take this quiz to find out if you are heart smart. Tally up your score at the end.”*

**1. Which protein choice is the best one for your heart?**

- a. Lean hamburger, no cheese
- b. Fried chicken breast
- c. Baked salmon
- d. They are all about the same

**2. You are standing in a fast-food line and want to choose what is best for your heart. You pick:**

- a. Chicken sandwich
- b. Crispy chicken salad
- c. Small plain hamburger
- d. Fried fish sandwich

**3. You should fill your plate about half full with a lean meat or chicken item, leaving the rest of the space for a starch.**

- a. True
- b. False

**4. Which breakfast item is the lowest in saturated fat?**

- a. Plain bagel with cream cheese
- b. Small cake donut
- c. Cinnamon roll
- d. English muffin with fruit preserves

**5. Which grain listed below is the best choice for your heart?**

- a. Whole-wheat pasta
- b. Brown rice
- c. Barley
- d. They are all good choices

**6. About half of your plate should be filled with vegetables while one quarter is filled with grains, and the other quarter a lean protein.**

- a. True
- b. False

**7. Which of these vegetables are the best for your heart?**

- a. Broccoli
- b. Carrots
- c. Corn
- d. They are all great choices

**8. Which spread is the least damaging to your heart?**

- a. Butter
- b. Margarine (tub)
- c. Margarine (stick)



**9. You are given a choice of the following side dishes—which one is best?**

- a. Baked potato
- b. French fries
- c. White rice

**10. Which food below is the greatest source of saturated fat in the American diet?**

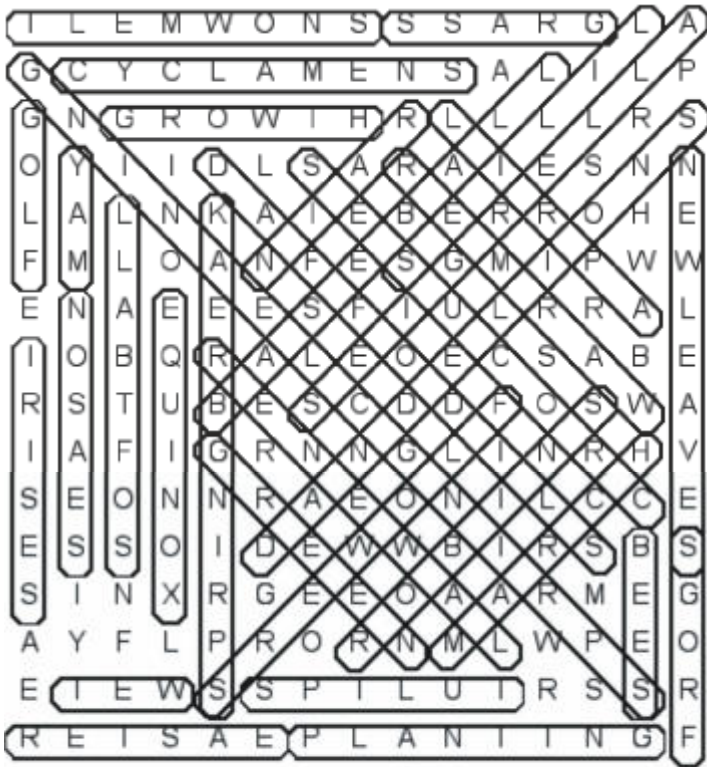
- a. cheese
- b. milk
- c. meat
- d. fish

## Answers:

1. C - Dried beans and legumes are great, too.
2. C - A small hamburger has less sodium and fat than the other choices listed. Fast food chicken items are often high in sodium. Research the nutrition facts for places that you frequent so you can make better choices.
3. B - see number 6.
4. D - but oatmeal with skim milk is the best breakfast choice of all!
5. D - try to eat 3 or more whole grains per day
6. A - keep them all low in fat
7. D - eat 3 cups of veggies a day
8. B - always buy trans-free margarine
9. A - choose low-fat toppings
10. A - but B and C are major sources, too

## Score:

- 8-10 answers right: A - you are right on!
- 6-8 answers right: B - needs a little work.
- 4-5 answers right: C - needs more work.
- 1-3 answers right: D - uh oh, try again.



The hidden message is:



## HOW WE SERVED YOU DURING February 2019



Meals-on-Wheels Delivered:	6573
Meals Served at Centers:	1336
Homemaking Service Hours:	586.5
Personal Care Hours:	166.25
Respite Care Hours:	276.5
Serenity Day Lodge Hours:	42

### Autumnwood of McBain...

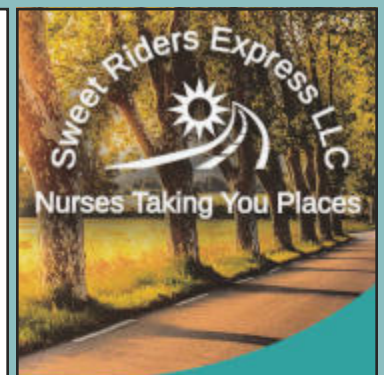


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- Skilled Nursing
- Memory/Dementia Care
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# Fake Caller ID: Don't Fall for Spoofing Scams

Carrie Kerskie, Kerskie Group, Inc. (Source: AgingCare.com E-mail letter)

Telephone scammers will implement various techniques to get you to answer their calls. One increasingly common technique is to manipulate caller ID to make it appear that you are receiving a telephone call from your own phone number. But how is this possible?



Scammers use a technique called caller ID “spoofing.” Spoofing is the practice of manipulating data to force the telephone network to display false information on the receiving caller’s caller ID. The scary part is that scammers do not need any complicated tools to do this. They merely need to visit a spoofing website to use the service. A simple Google search for “caller ID spoofing” will reveal plenty of websites offering such services. While manipulating caller ID is illegal for malicious purposes, it is legal for permissible purposes.

To increase the likelihood that people they call will answer their phones, scammers use other clever approaches in conjunction with spoofing. For example, they know that most people will only answer local telephone calls. So, they’ll use spoofing software to make it seem like a call is coming from a phone number with your own area code or a neighboring area code. This is called “neighbor spoofing.” Remember, scammers are very good at what they do. Caller ID spoofing can be used by con artists pretending to be from your mortgage company, your bank or your credit card company. The possibilities are endless, and it is important to be aware of these deceptive tactics.

One such telephone scam that has been on the rise is the IRS imposter scam. In this ploy, the caller ID may say “IRS” or display a Washington, D.C., area code (202). When you answer the call, the scammer pretends to be from the IRS and states there is a problem with your tax return or that you owe money. The call then quickly escalates to the scammer demanding payment, otherwise you will be arrested. Their ultimate goal is to get you to send money, provide your credit card information or provide your bank account information. If you receive a call like this, **hang up**. The IRS will not contact you by telephone. If there is a problem with your tax return or if you owe them money, they will contact you by mail.

Another spoofing telephone scam is the Microsoft call. In this instance, the caller ID may say “Microsoft” and the scammer claims to be a representative of the well-known tech company. The scammer says they have detected a problem with your computer and then asks permission to remotely check your device. They will then graciously provide you with instructions on how to grant permission to access your computer. Once they have accomplished this, the scammer can remotely access everything on your computer, including your sensitive information, which can easily be downloaded. The scammer could install additional malware (software with malicious intent) for nefarious purposes. If you get this call, **hang up**. Most people store sensitive information and engage in online banking and shopping on their computers. Opening your device up to a stranger can be extremely risky. Microsoft will never call you, and they do not proactively monitor users’ computers.

The best protection from telemarketing scams is to only answer phone calls from numbers you recognize. Unfortunately, spoofing can complicate this rule of thumb. If you receive and accidentally answer a suspicious call, the best thing to do is hang up. Never give out personal information or sensitive information like bank account numbers, usernames or passwords over the phone. If you suspect that an incoming call may be from a legitimate entity, such as your bank or a government agency, do not answer it or hang up and place a call back to the number you have on file. Be sure to look up the official contact information listed on your statement or on the entity’s official website and use that number to ensure you are discussing private matters with a valid individual. It behooves people of all ages to remain skeptical when accepting calls these days. When it comes to caller ID, perception is not always reality.



# Center / COA ACTIVITIES & NEWS

## ASK THE BANKER!

Need help with your banking, checkbook? Sandy Egbers from Chemical Bank will be available to assist:

**When:** Thursday, April 11

**Time:** 11:00 a.m.-1:00 p.m.

**Where:** Houghton Lake Center



## Butterflies in Bloom Dow Gardens, Midland April 11, 2019

**Meet** Houghton Lake Center 12:00

Noon for lunch

**Leave** 12:45 p.m. for Midland

**Return** around 5:00 p.m.

**Cost** \$20.00



This interactive exhibit features thousands of brilliantly colored butterflies from countries around the world. You may see them emerging from their chrysalis, feeding, and flying all within the tropical environment of The Dow Garden's conservatory.

## Simply Sinatra with

Tommy Vale

Thursday, April 18

Houghton Lake Center



**Doors open:** 4:45 p.m.

**Beer & Wine Tasting:** 5:00 p.m.

**Show:** 6:00 p.m.

**Cost:** \$20 per person

**Includes:** Beer & wine tasting with snacks and 2 hour show with 20 minute intermission with coffee and dessert.

**Thank you** to John and Jeannie Bennick of Fifth Street Wine of Roscommon for your support and providing the beer and wines.

**Call** Debra at 989.366.0205 for more info or tickets.



**Friday, April 26, 2019**

**11:00 a.m.—12:00 Noon**

Plan on coming to our fifth annual chili cook-off between the centers. The way it works is that samples from all 3 centers will be available at each center for you to taste from 11:00 a.m.-12:00 Noon. You will not know which chili belongs to which center. Taste each sample and then vote for the one you like best. You can **ONLY** vote for **ONE**—hoping it was made by your center kitchen. The winning center will take the traveling trophy to display until next year's cook-off.

**Last year's winner** Andy, St. Helen's Center Cook, went on to represent the RCCOA and win St. Helen's Trunk or Treat and Winterfest, Higgins Lake Roscommon Chamber Chili Cook-off contests. Let's see if he can hang on to his title (and the trophy) this year...**come on Houghton Lake and Roscommon...give Andy a run for his money!**



## Houghton Lake Center

### BAKE SALE

**April 22, 2019**

**11:00 a.m.—1:00 p.m.**

If you plan on donating baked goods, bring by 10:30 a.m. the day of. Please price your items. This is a RCCOA fundraiser.



# Protecting Your House After You Move Into a Nursing Home



While you generally do not have to sell your home to qualify for Medicaid coverage for nursing home care, it is possible the state can file a claim against your house after you die, so you may want to take steps to protect your house. If you get help from Medicaid to pay for the nursing home, the state must attempt to recoup from your estate whatever benefits it paid for your care. This is called "estate recovery," and given the rules for Medicaid eligibility, the only property of substantial value that a Medicaid recipient is likely to own at death is his or her home. If possible, consult with your attorney before entering a nursing home, or as soon as possible afterwards, to discuss ways to protect your home.

The home is not counted as an asset for Medicaid eligibility purposes if the equity is less than \$585,000 (in 2019) (\$878,000 in some states). In all states, you may keep your house with no equity limit if your spouse or another dependent relative lives there.

## Transferring a Home

In most states, transferring your house to your children (or someone else) *may* lead to a Medicaid penalty period, which would make you ineligible for Medicaid for a period of time. There are circumstances when it is legal to transfer a house, however, so consult an attorney before making any transfers. You may freely transfer your home to the following individuals without incurring a transfer penalty:

- Your spouse
- A child who is under age 21 or who is blind or disabled
- Into a trust for the sole benefit of a disabled individual under age 65 (even if the trust is for the benefit of the Medicaid applicant, under certain circumstances)
- A sibling who has lived in the home during the year preceding the applicant's institutionalization and who already holds an equity interest in the home
- A "caretaker child," who is defined as a child of the applicant who lived in the house for at least two years prior to the applicant's institutionalization and who during that period provided care that allowed the applicant to avoid a nursing home stay.

While you can sell your house for fair market value, it may make you ineligible for Medicaid and you may have to apply the proceeds of the sale to your nursing home bills.

## Lien on Home

Except in certain circumstances, Medicaid may put a lien on your house for the amount of money spent on your care. If the property is sold while you are still living, you would have to satisfy the lien by paying back the state. The exceptions to this rule are cases where a spouse, a disabled or blind child, a child under age 21, or a sibling with an equity interest in the house is living there.

## Estate Recovery

If your spouse, a disabled or blind child, a child under age 21, or a sibling with an equity interest in the house, lives in the house, the state cannot file a claim against the house for reimbursement of Medicaid nursing home expenses. Once your spouse or dependent relative dies or moves out, the state can try to collect. But there are some circumstances under which the value of a house can be protected from Medicaid recovery. The state cannot recover if you and your spouse owned the home as tenants by the entirety or if the house is in your spouse's name and you have relinquished your interest. If the house is in an irrevocable trust, the state cannot recover from it. In addition, some children or relatives may be able to protect a nursing home resident's house if they qualify for an undue hardship waiver. For example, if your daughter took care of you before you entered the nursing home and has no other permanent residence, she may be able to avoid a claim against your house after you die. Consult with an attorney to find out if the undue hardship waiver may be applicable.

Source: **Jordan Balkema Elder Law Center**, Big Rapids, Traverse City, Gaylord, Cadillac Phone: (800) 395-4347

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15-0755

## Seniors A Key to Roscommon County 4-H Program Expansion



By John Wurm, Roscommon County 4-H Program Coordinator & Paige Haines, SPIN Club Coordinator

Are you one of the many people who grew up with the 4-H youth program of yesteryear? When many people think of 4-H, they think of our agricultural heritage. We still offer many of those programs that you typically see at our local county fairs. With the 4-H program over 100 years old, we know a bit about helping our local kids have positive experiences. One of the newest programs where we are experiencing growth happens to be our 4-H **SP**ecial **IN**terest Clubs (a.k.a. 4-H SPIN Clubs.) We are excited to bring these programs to the community.

Several years ago state and national leadership recognized there are people who would like to volunteer, but prefer a short-term commitment. What we really love about our many 4-H SPIN Club programs is that a busy adult can offer a 4-H club one week and be done three weeks later. If the volunteer enjoyed the experience, the club could either be offered again to a new group of young people or put on the shelf and offered a year later.

Here at MSU Extension & 4-H, we offer our services to assist in the development and promotion of 4-H clubs, as well as offering educational materials that can be used in the 4-H club setting. We have a focus on offering programs in the area of 4-H STEAM (4-H Science, Technology, Engineering, Arts & Math) but we encourage any fun topic that we know kids will enjoy. The number of kids involved in a new club might also surprise people. It may only consist of a minimum of five kids from just two or more families.

4-H has always been a community and grassroots driven program. It really belongs to the people in our own local communities. If you have a special talent or would like to develop a new one, get in contact with your Roscommon County MSU Extension office at 989-275-5043. We will gladly sit down with you and map out a fun and enjoyable program for both you as the volunteer as well as the kids.

Lastly, if starting a new 4-H club is not for you, perhaps you will consider being an informal local 4-H ambassador for us and let others know what we have to offer. We need people, just like you, to get the word out that we have some great new 4-H clubs being formed that will get kids working together in teams and learning new things in a fun and nurturing atmosphere.



These things seem to be true of life:

- Change
- The only constant factor is our feelings and attitudes toward life.
- We have the power of attitude, attitude determines choice, choice determines results.
- You cannot change the seasons, but you can change yourself.

Spring is a season of activity and opportunity that follows the turbulence of winter. You must do something in the spring. Take advantage of the day and the opportunities spring can bring.

**Choose** action, not rest. Choose truth, not fantasy. Choose a smile, not a frown. Choose love, not animosity. Choose the good in life in all things, and choose the opportunity when springtime smiles on your life.



It's spring fever. That is what the name of it is. And when you've got it, you want — oh, you don't quite know what it is you do want, but it just fairly makes your heart ache, you want it so!

—Mark Twain



# Did You Know?

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or extended period of time? Please call one of the centers for more information.



We are partially funded through grants by the Roscommon County United Way!



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## Roscommon County Food Pantry

(formerly Project Hope) is open:

**Monday, Tuesday, Wednesday**

10:00 a.m.-1:00 p.m.

**Thursday**

4:00-6:00 p.m.

**Friday, Saturday, Sunday**

CLOSED



The pantry is available to help those in need of food during the above hours. They are located in the Save A Lot Plaza, Houghton Lake Heights.

## Commodity Supplemental Food Program—Held

every month for seniors age 60 and over.

St. Helen / Roscommon Centers — 3rd Wednesday

Houghton Lake Center — 3rd Thursday

Call 1/800-443-2297 for more information



## Alzheimer's Support Group

Roscommon County Alzheimer's Support Group meets at the Houghton Lake Center the second Wednesday every month from 1:00 - 2:00 p.m. It is co-sponsored by the Alzheimer's Association and Munson Home Care and Hospice. All are welcome to attend. Contact Taylor Cramer (989.370.9811 or [tcramer@aiz.org](mailto:tcramer@aiz.org)) for more information.

## AND THE WINNERS

Of the \$10 gift cards are....

Houghton Lake	Sharon Serviss
Roscommon	Darlene Kessel
St. Helen	Bernadette
Wieler	



Congratulations for winning the drawing. Be sure to read about Mr. P's latest adventures in this month's newsletter.

**NEW PROGRAM!** Family Fare is doing the "Labels for Learning" program again. Simply save the UPC barcode from any of the 2,000 "Our Family" items and bring them to your Center. Each bundle of 500 UPC barcodes will earn us \$25.00.

Keep bringing those *Family Fare* receipts in so we can earn another \$1,000 offered through the "Direct Your Dollars" program. Simply keep dropping off your receipt(s) at your local center and we'll do the rest.



*Thank you for your continued support!*



## Telephone Reassurance

### *What is Telephone Reassurance?*

Retired senior volunteers call seniors, with their permission, daily, Monday through Friday, first thing in the morning. The reason we call is two-fold: to do a well-being or safety check for seniors who live alone and to provide a friendly contact. This program is for any senior in the county who lives alone and may or may not be currently receiving services from our agency. If you are interested in this free program or know of one who would benefit from receiving a call, contact our In-Home Service Office at 989-366-3800. The staff will ask a few questions to help enroll you/them in the program. It is our mission to "promote and safeguard the independence and well-being of senior citizens in Roscommon County, Michigan." Let us help!



## Another Great Show

Devos Center  
Grand Rapids  
Saturday, May 4

Leave: Houghton Lake  
10:30 a.m.

Cost: \$95.00 per person

Includes: Lunch; the show; transportation.

**WAITRESS** tells the story of Jenna—a waitress and expert pie maker. Jenna dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start. But Jenna must summon the strength and courage to rebuild her own life. "WAITRESS is a little slice of heaven!" says Entertainment Weekly and "a monumental contribution to Broadway!" according to Marie Claire. Don't miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie.



## Check Out Our Resources!

We have books that may be helpful. Stop by sometime to see what we have and maybe even take one home with you to read. The Health Resource Library is located at the Commission on Aging administrative office 1015 Short Dr, Prudenville. If you are interested in finding out more, contact Betty at 989.366.0205 or stop by to see our selection. The RCCOA also has health resource computers available at each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

Donations of resources that would be helpful for others are always accepted.



# Houghton Lake Center News

Hello Everybody,

This is the April Newsletter and I am excited just to be writing it. Finally, a break in this notorious weather! The Farmers Almanac says April will start with a snowstorm and below average low temperature. I believe it, but I am sure it will be above -20 and I'll take it!



We had a great turn out for the Mardi Gras Party, even more than expected. The music from "Just the Two of Us" was right on the mark for our fun-loving crowd. I love our group at the center. Just throw in a few key ingredients and they will make it a party. I heard a great quote that summed up the event **"And those who were seen dancing were thought to be insane by those who could not hear the music."** (neitzche) So a big thank you and kudos to all of you "insane" people out there that know how to laugh. Laughter may not add years to your life, but it is guaranteed to add life to your years.

Thank you to Taylor Kramer from Munson and Sue Huffman from Red Cross for your quality presentation last month and for your continued commitment to our area seniors.

With the warmer weather coming and the additional sunlight I think we're all anxious to get out of the house and enjoy some of it. If you're looking for a warm friendly place to meet and talk, come on in and share some of that positive energy with us. We have a **Beginner Card Making** class meeting on April 16. We also have a **S.P.I.N. Club** presentation from Michigan State University Extension office that sounds like fun and serves to improve our community. If you are looking for information on **In-Home Care and Senior Residence**, expect another quality presentation from the Michigan State Attorney General Office on April 17. Please check your newsletter for additional information on these events and others.

I would like to thank our newest volunteer, Julie, for all her help. With things picking up and all the recent changes, it is greatly appreciated. If you see a new friendly face answering calls and greeting visitors, that's probably Julie. We all like to feel comfortable and appreciated so say hi and welcome her to our center. Kindness matters.

See you soon!

Doug Ellsworth

Center Manager  
Houghton Lake Center  
2625 S Townline Rd  
Houghton Lake  
989.366.9168



## DAILY ACTIVITIES

Mon:	9:00 a.m. Exercise 10:00 a.m. Chair Yoga 10:30 a.m. Line Dancing 1:00 p.m. Pool practice, Adult Coloring
Tues:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:45 a.m. Arthritis Exercise 1:00 p.m. Bingo, Mahjong 1:00 p.m. Cribbage 1st & 3rd Tuesdays
Wed:	9:00 a.m. Exercise 10:00 a.m. Choose To Lose 10:30 a.m. Houghton Lake Jam Band 11:00 a.m. Pool League 1:00 p.m. Bridge
Thurs:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:00 a.m.-12:00 Noon Hand and Foot 10:45 a.m. Arthritis Exercise 12:00 Noon Pinochle 1st & 3rd Thursday 1:00 p.m. Bingo 1:00 p.m. Euchre 2nd & 4th Thursday
Fri:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:00 a.m. Coffee Clutch 12:00 p.m. Quilters

# Roscommon Center News



After December, I think April is my favorite month. A new beginning is what it makes me think and feel. April is National Humor Month, and if you have ever spent any time here you know that laughing and having fun is one of our biggest priorities. So, come, join in. Even though winter has been beautiful with its snow and diamond like ice, it is time to move on to new things.

One of the new things we will be celebrating is opening day for the Tigers. Even though they open on April 4<sup>th</sup>, we will be celebrating here on Friday, April 5<sup>th</sup>. Wear your Tiger apparel for Penny Bingo. National Pet Day is on April 11<sup>th</sup>. Our Match the Pet contest is being extended. Bring me a picture of your pet, new or old, and we will be matching it up in a contest. During the 2<sup>nd</sup> week of April, National Bubble Gum week, we will hold Bubble Gum contests. April 17<sup>th</sup> is National Cheeseball Day. Friday April 12<sup>th</sup> we will hold a cheeseball recipe contest. If you have a cheeseball recipe that you think will meet the challenge, make it and bring it in during bingo. We will all sample it but the true judging will be during lunch. Thursday, April 18 we will have an egg hunt. Friday, April 19<sup>th</sup> we will be **closed** for Good Friday. Wednesday afternoon, April 24, we will watch a movie after lunch. Thursday, April 25<sup>th</sup> we will make homemade perogies at 12:45 p.m. These events are open for anyone to participate in.



Fun, Free, Fun, Free, this is what we are all about here. We would love to have you join us. Everyday activities are free unless otherwise noted. Exercise classes happen on Mondays and Wednesdays at 10:30 a.m. Chair yoga, Thursdays at 10:30 a.m. Then in the afternoon on Tuesdays and Thursdays we play Euchre from 1:00-2:45 p.m. Some like to come pool and others peruse our library, to name some of the activities we do. Check out our daily activity calendar below. Please come, try us out. Lunch for a senior is a suggested \$2.50 donation. If you are under 60 lunch is \$5.00.

I would like to apologize that I never recognized our 2018 SENIOR OF THE YEAR Peggy. We are lucky to have her. She decorates and helps with anything she can. She has a couple of ladies that don't drive that she gets back and forth to the center. She is a true asset. Congrats Peggy. We truly appreciate you.

Don't forget to read the Mr. P. column in the newsletter. Every month he leads you through the newsletter looking for something. All you need to do is find the item he is looking for, call your center manager, and you will be entered in a drawing for a \$10.00 gift card. Very Easy. This month our winner is Darlene Kessel. Our winner for the trivia for February was LaDonna. The answer was Paul Bunyon. The answer for March was the Blizzard of 1888—the winner will be announced next month.

**Trivia** this month: They can smell 10,000 times better than a human. They can drink 1.5 times their weight. They don't like to travel far distances, and usually remain a mile from their home. Although they can travel up to 20 miles. Fossils of them date back 100 million years. Although they live from 3 to 100 days, their eggs can survive for more than 5 years sometimes. Good Luck. I hope you all have a Blessed Easter!

*Johnna Ance!* Roscommon Center Manager  
510 South Street (across from  
The Brook) Roscommon  
989.275.8421



## Daily Activities

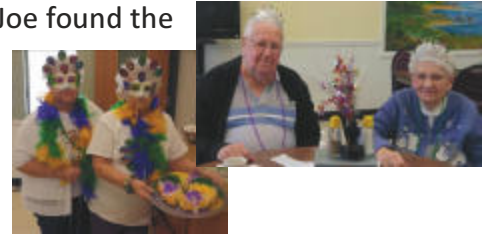
Mon:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 12:30 p.m. Cards, Pool
Tues:	10:00 a.m. Bountiful Bingo 1:00 p.m. Euchre, Pool, Games
Wed:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 1:00 p.m. Board Games, Unlucky 7's , Pool
Thurs:	10:00 a.m. Chair Yoga 1:00 p.m. Euchre
Fri:	10:00 a.m. Penny Bingo 1:00 p.m. Pool, Wii Bowling





# St. Helen Center News

Our Mardi Gras Party was well attended, over 30 people came to celebrate with us. Joseph and Faye Roush were crowned our King and Queen for the day. Joe found the baby in the King Cake which Kathy Jernigan baked that morning.



The usual rowdy crowd (LOL) showed up to celebrate St. Patrick's Day and enjoyed our "Green Beer".

Thanks, Deb, for arranging the duet *Just the Two of Us* to entertain us again on the 27<sup>th</sup>. March has been a very busy month.

We are always looking for more Cribbage players on Thursday mornings. We now have about 4 people participating. Also, Bunco is also available at this time. Come, join us. The men are still looking for people to play pool at 10:30 on Thursday mornings. Our Chair Yoga class meets Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m. This group is growing but we always have room for more. Don't forget bingo on Tuesdays! Penny Bingo begins at 10:00 a.m. and regular bingo meets after lunch.

Don't forget to look for Mr. P, you never know where he or something of his might be. Our winner for March was Bernadette Wieler, who received a \$10.00 Walmart gift card.

Call or stop in and have a chat. Thank you.



Varly Hanusik, Center Manager  
10493 E Airport Rd, St. Helen  
989.389.7551

## DAILY ACTIVITIES

Mon: 10:00 a.m. Chair Dancing  
12:30 p.m. Pinochle  
6:30 p.m. Euchre  
Tues: 10:00 a.m. Penny Bingo  
12:30 p.m. Bingo  
1:00 p.m. Chair Yoga  
Wed: 10:00 a.m. Exercise  
12:30 p.m. Pinochle  
Thurs: 10:00 a.m. Cribbage &  
Bunco, Chair Yoga  
12:30 p.m. Euchre  
Fri: 10:00 a.m. Exercise  
12:30 p.m. Pinochle

## MONTHLY ACTIVITIES

- 1 1:00 p.m. Caregiver Support Group — RCCOA offices(pg 4)
- 3 11:15 a.m. Lighthouse of Roscommon B.P.C.
- 9 10:00 a.m.-3:00 p.m. Blood Drive — Houghton Lake (pg 4)
- 10 All Centers and COA offices closed for Staff Training**  
4:30-6:00 p.m. Brain Matters Support Group (pg 4)
- 12 10:00 a.m. Cancer Support Group with Loralie—Houghton Lake
- 15 1:00 p.m. Caregiver Support Group (pg 4)
- 17 1:00 p.m. RCCOA Board Meeting—RCCOA Admin. Offices (pg 1)
- 18 12:00 Noon Easter Dinner  
4:45 p.m. Simply Sinatra (pg 9)
- 19 **CLOSED** — For Good Friday
- 24 11:15 a.m. Senior Advisory Meeting
- 25 12:00 Noon Birthday Party**
- 26 11:00 a.m. **Chili Cook-off** (pg 9)
- 27 11:30 a.m. **Veterans Lunch and Learn** (pg 22)
- 29 1:00 p.m. Caregiver Support Group (pg 4)

# Monthly Center Activities — April

## Houghton Lake



- 1 1:00 p.m. Caregiver Support Group (pg 4)
- 3 11:30 a.m. S.P.I.N. Club Presentation with Paige from MSU Extension Service
- 5 10:00 a.m. Senior Advisory **Coffee Clutch**
- 9 10:00 a.m.-3:00 p.m. Blood Drive (pg 4)  
11:30 a.m. Senior Advisory Board Meeting
- 10 **Closed** for Staff Training  
4:30 p.m. Brain Matters Support Group (pg 4)
- 11 11:00 a.m.-1:00 p.m. **Ask the Banker** with Sandy Egbers, Chemical Bank
- 12 10:00 a.m. Senior Advisory **Coffee Clutch**  
10:00 a.m. Cancer Support Group with Loralie
- 15 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Marie from Intellicare  
1:00 p.m. Caregiver Support Group (pg 4)
- 16 10:00 a.m. Beginner Card Making Class (call Doug for info)
- 17 11:00 a.m. In-Home Care and Senior Residence with Dawn Petrowski  
1:00 p.m. RCCOA Board Meeting (pg 1)
- 18 11:30 a.m. Music with *The Dee Boik Trio*  
12:00 Noon Easter Dinner  
4:45 p.m. Simply Sinatra (pg 9)
- 19 **CLOSED** — For Good Friday  
11:00 a.m. Bake Sale
- 24 10:00 a.m.-1:00 p.m. Fire Extinguisher Check by Mid Michigan Fire Protection
- 25 12:00 Noon **Birthday Celebration**
- 26 10:00 a.m. Senior Advisory **Coffee Clutch** welcomes First Responders and Law Enforcement  
11:00 a.m. **Chili Cook-off** (pg 9)
- 27 11:30 a.m. **Veterans** Lunch and Learn (pg 22)
- 29 1:00 p.m. Caregiver Support Group (pg 4)

## Roscommon

- 1 1:00 p.m. Caregiver Support Group (pg 4)
- 5 Tiger Opening Day Celebration—Wear your Tiger shirt and hat
- 8 12:45 p.m. Senior Advisory Meeting
- 9 10:00 a.m.-3:00 p.m. Blood Drive — Houghton Lake (pg 4)
- 10 **All Centers and COA offices closed** for Staff Training  
4:30-6:00 p.m. Brain Matters Support Group (pg 4)
- 11 National Pet Day
- 12 Wear Pink  
Cheeseball Contest  
10:00 a.m. Cancer Support Group with Loralie—Houghton Lake
- 15 1:00 p.m. Caregiver Support Group (pg 4)
- 17 10:00 a.m.-1:30 p.m. Easter Egg coloring  
1:00 p.m. RCCOA Board Meeting —Houghton Lake (pg 1)  
National Cheeseball Day
- 18 12:00 Noon Easter Dinner  
1:00 p.m. Easter Egg Hunt  
4:45 p.m. Simply Sinatra (pg 9)
- 19 **CLOSED** — For Good Friday
- 24 12:45 p.m. Movie Time — *Steel Magnolias*
- 25 12:00 Noon **Birthday Celebration**  
12:45 p.m. Make homemade perogies
- 26 11:00 a.m. **Chili Cook-off** (pg 9)
- 27 11:30 a.m. **Veterans** Lunch and Learn (pg 22)
- 29 1:00 p.m. Caregiver Support Group (pg 4)



**He's Back! Whose Back? Elvis**, of course! Jake Slater, an Elvis impersonator will provide entertainment at the Houghton Lake Center **Monday, May 13**. More details to follow in the May newsletter.





# Upcoming Events



## Pantry Bingo Coming to your center

Roscommon, Tuesday, May 7, 10:00 a.m.

St. Helen, Tuesday, May 14, 1:00 p.m.

Houghton Lake, Tuesday, May 21, 1:00 p.m.



## “THIRD ANNUAL”

Saturday, August 10, 2019

Look for the registration form and more information in the May newsletter.

### Did you just ask *What's Pantry Bingo?*

Good question...It's like regular bingo except you're not playing for money. Instead you win a food product of some sort. Give it a try. Join us for a fun time and win some groceries in the process...and bring a friend with you! You can even attend all three events! And don't forget about lunch at noon at the center.

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## NURSING HOME ALTERNATIVE

With the average cost for a nursing home reaching \$188.00 per day, there is a better way to spend our savings when we get old and feeble.

I have already checked on reservations at the Holiday Inn for a combined long-term stay discount and a senior discount. It comes to only \$49.23 per night. That leaves \$138.77 a day for:

1. Breakfast, lunch and dinner in any restaurant I want, or room service.
2. Laundry, gratuities and special TV movies. Plus, they provide a swimming pool, a workout room, a lounge, washer, dryer, etc. most have free toothpaste and razors and all have free shampoo and soap.
3. They treat you like a customer, not a patient, \$5 worth of tips a day will have the entire staff scrambling to help you.
4. There is a city bus stop out front, and seniors ride free. The handicap bus will also pick you up (if you fake a decent limp).
5. To meet other nice people, call a church bus on Sundays. For a change of scenery, take the airport shuttle bus and eat at one of their nice restaurants there. While you're at the airport, fly somewhere. Otherwise the cash keeps building up.
6. It takes months to get into decent nursing homes. Holiday Inn will take your reservation today. And—you are not stuck in one place forever, you can move from Inn to Inn, or even from city to city. Want to see Hawaii? They have a Holiday Inn there, too.
7. TV broken? Light bulb needs changing? Need a mattress replaced? No problem. They fix everything and apologize for the inconvenience.
8. The Inn has a night security person and daily room service. They will call the undertaker or an ambulance. If you fall and break a hip, Medicare will pay for the hip, and Holiday Inn will upgrade you to a suite for the rest of your life.
9. And no worries about visits from family. They will always be glad to find you, and will probably check in for a few days mini-vacation. The grandkids can use the pool. What more can you ask for?
10. So...When I reach the Golden age, I'll face it with a grin—just forward my e-mail to: me@Holiday\_Inn!



## OLDER MICHIGANIANS DAY

Wednesday, May 15, 2019

Plan to Join 1,000+ Older Adults  
from Across Michigan  
at the 11th Annual  
Older Michiganians Day!



Older Michiganian's Day (OMD) is an annual rally that takes place on the East Lawn of the Capitol Building in Lansing. This event brings together hundreds of seniors, aging service providers and senior advocates with their legislators and key state officials.

Interested individuals are invited to join this event to show their support for policies that support older adults. This free event provides the opportunity to speak with a unified voice to the Legislature expressing the concerns, challenges, and opportunities for older adults by the experts, older adults themselves and aging service providers.

### This Event Features:

- A Rally on the East Lawn of the Capitol Building
- Keynote Speakers
- Group and Individual Meetings with your State Legislators

The Roscommon County Commission on Aging plans on taking a group from Roscommon County on our bus to the event. To sign up, contact Debra at 989.366.0205.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

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**(Sun—Sat)**  
**June 16-22, 2019**



**Depart: Houghton Lake Center, 2625 South Townline Rd, Houghton Lake, MI 8:00 a.m.**



**FOR INFORMATION & RESERVATIONS CONTACT: Debra Looney, 989.366.0205**



**\*Price per person, based on double occupancy.**  
**Add \$209 for single occupancy.**  
**\$75 Due Upon Signing.**

# Education



## Caring for a Loved One with Alzheimer's or Dementia?

### Help is Only a Phone Call Away!

**Creating Confident Caregivers** (CCC) is an exciting six-session workshop for family caregivers of persons with dementia and/or memory loss and still live at home.

This workshop has been found to reduce the stressors of caregiving by providing tools and information thus increasing your effectiveness as a caregiver.

#### **YOU WILL GAIN INFORMATION AND TOOLS IN 4 MAIN AREAS:**

- Managing daily life
- Managing behavior
- Managing the caregiver's personal care
- Managing resources

#### **YOU WILL LEARN STRATEGIES TO:**

- Reduce caregiver stress
- Improve caregiver self-confidence
- Create a positive caregiving environment
- Plan daily activities for your loved one

#### **THE CLASS:**

- FREE
- **Once** a week for **6 weeks**
- 9:30-11:30 a.m.
- Begins **Wednesday, July 24**
- RCCOA Administrative Offices, 1015 Short Drive, Suite A, Prudenville, MI
- Last day of class is **Wednesday, September 4**



## Veterans Lunch and Learn

**Saturday, April 27, 2019**

**11:30 a.m.—3:00 p.m.**

**Roscommon County  
Blodgett Memorial Airport  
5218 E Houghton Lake Drive  
Houghton Lake, MI 48629**

This **free** family-friendly event is for all veterans and their families! Heath Nemeth, Roscommon County Veterans Affairs Director, will begin the event with a presentation on dependent benefits. Following his presentation, everyone is invited to stay for a **free** lunch and family-friendly activities in the hangar.

**Interested in attending?** Please RSVP ASAP to the Roscommon County Veterans Affairs Office, 989.275.6047 or the RSVP Office, 989.281.1505.



This event is brought to you by the organizers of the Veterans Coffee Hour and will be in addition to the April 4 Coffee Hour.

To register for the class, call 989.366.0205 and ask for Debra. Classes will end in time for you to attend your Center of Choice for lunch.

# Menu

## APRIL 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread</p> 	<p><b>2</b></p> <p>Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/Tomato Honey Wheat Roll</p>	<p><b>3</b></p> <p>Maple Glazed Fish Oven Roasted Potatoes Carrots Banana</p>	<p><b>4</b></p> <p>Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll</p>	<p><b>5</b></p> <p>Breaded Pork Cutlet Garlic Mashed Potato Asparagus Berry Applesauce Wheat Bread</p>
<p><b>8</b></p> <p>Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll</p>	<p><b>9</b></p> <p>Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread</p>	<p><b>10</b></p> <p><i>Sorry! WE'RE</i> <b>CLOSED</b> For Staff Training</p>	<p><b>11</b></p> <p>Chicken Marsala Mashed Potatoes Sour Cream &amp; Chives Green Peas Chilled Peaches Wheat Bread</p>	<p><b>12</b></p> <p>Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread</p>
<p><b>15</b></p> <p>Chicken &amp; Broccoli Casserole Green Peas Fruited Gelatin Honey Wheat Roll</p>	<p><b>16</b></p> <p>Beef/Bean Burrito Lettuce, Tomato, Cheese &amp; Sour Cream Burrito Sauce Black Beans &amp; Corn</p>	<p><b>17</b></p> <p>Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread</p>	<p><b>18</b></p> <p><b>Easter Dinner</b> Ham Au Gratin Potatoes Beets Assorted Rolls Dessert</p> 	<p><b>19</b></p> <p><b>CLOSED</b></p> <p>Good Friday</p> 
<p><b>22</b></p> <p>Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple</p>	<p><b>23</b></p> <p>Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll</p>	<p><b>24</b></p> <p>Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread</p>	<p><b>25</b></p> <p>Breaded Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread</p> <p><b>Birthday Party</b></p>	<p><b>26</b></p> <p><b>Chili Cook Off</b> Steak Fries Hot Dogs Fresh Orange</p>
<p><b>29</b></p> <p>Chicken a la King over biscuit Succotash Diced Pears</p>	<p><b>30</b></p> <p>Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread</p>	 <p><b>HAPPY EASTER</b></p>		

### Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

# COA Trips



## Bussin' Beauties

Kirtland Community College—Cosmetology

**Leave: Houghton Lake Center**  
Tuesday, April 16  
11:30 a.m.

**Leave: Roscommon Center**  
Wednesday, April 17  
11:45 a.m.

Please eat before leaving the Center

3 treatments and ride to the college

All for \$10.50 — Limit 6 people

This trip is open to both men and women.



**Tulip Time**  
Holland, MI  
Tuesday, May 7



**Leave:** Houghton Lake 7:30 a.m.

**Return:** 7:30 p.m.

**Cost:** \$75.00 per person

**Includes:** Lunch and the AH!MEN Lunch Show; Windmill Island Gardens, Wooden Shoe Factory; transportation.

*Limited to 20 people.*



Enjoy a delightful lunch coupled with a one-hour show. Holland's Ah!Men is presenting an all new program for the 2019 Tulip Time 90th Anniversary Celebration. One of West Michigan's most powerful and versatile singing groups will showcase some of America's most prolific composers. Windmill Island Gardens is a beautiful oasis on the edge of downtown Holland. The windmill, which reaches 125 feet from the ground to the top of the blades, towers over 36 acres of gardens, dikes, canals and picnic areas. We'll stop for a quick dinner on your own as we head back to Houghton Lake.



Join us for a shopping excursion to the new Aldi's store located in West Branch.

**DATE** Wednesday, April 24

**Leave:** Houghton Lake 11:15 a.m.

**Return:** 3:30 p.m.

**Lunch:** St. Helen, 12:00 Noon

**Shopping:** 1:00-2:30 p.m.

**Cost:** \$10 per person, includes lunch and transportation

## Casino Trips

**Soaring Eagle Casino, Mt. Pleasant**  
Thursday, April 25, 2019

**Leave:** Houghton Lake Center 12:00 Noon

**Cost:** \$25.00 per person

**Includes:** Our bus, \$5.00 food voucher, \$20 comp play. Chance on hourly drawing from 12:00-3:00.



**Overnight get-away**  
Sunday & Monday  
May 19-20, 2019

**Leave** Houghton Lake Center 10:30 a.m., **pick up at** Roscommon Center 11:00 a.m.

**Cost:** \$80 per person (dbl occp)

**Casino Package:** \$30 free play, \$10 food voucher, FREE breakfast, plus room and transportation.

**An overnight get-away to Kewadin Casinos** in Sault Ste Marie is being planned with a stop in Bay Mills. Interested in going? To sign up or ask questions, contact Debra at the number below.

We now accept MasterCard and Visa as a debit or credit for our trips and donations. We ask for a minimum charge of \$10 per transaction.

**RESERVATIONS REQUIRED for all trips**  
**Call Debra today 989.366.0205**  
**Trips must be PREPAID at registration**  
**and are non-refundable.**