



NEWS

"Informing,
Educating,
&
Caring"

Commission on Aging

www.rccoa.net

August 2019

1015 Short Drive, Suite A
Prudenville, MI 48651
COA Fax Number 989.366.0136

Thomas Pettit, Director
989.366.0205

Betty Kimble, Admin. Asst.
989.366.0205

Vivian Balmes, Bookkeeper
989.366.0205

Pam Schaft, Receptionist
989.366.0205

Chuck Corwin, RN
Consultant 989.366.3800

In-Home Services 989.366.3800

Dana Clayton
Sheila Englehardt
Kathy Miles
Mikki Stegall

Heather Emerick, Lodge
Coordinator 989.366.0205

Andy Tapia, Nutrition Coordinator
989.279.0850

Debra Looney, Activities
Coordinator 989.366.0205

Douglas Ellsworth, Houghton Lk
Center Manager 989.366.9168
Fax: 989.202.2008

Johnna Ancel, Roscommon
Center Manager 989.275.8421
Fax: 989.275.6232

Varly Hanusik, St. Helen Center
Manager 989.389.7551
Fax: 989.389.3684

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



Monday, August 19, 2019 Elder Abuse Prevention Conference

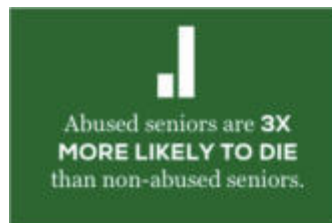
Where: Houghton Lake Center
2625 S. Townline Rd
Houghton Lake, MI 48629

Time: 9:00 a.m.—4:00 p.m.

Cost: Free...and lunch is even
included

You are invited to attend!

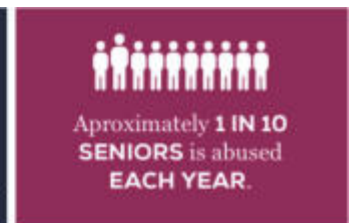
We all need to be informed
so we can be part of the
solution to putting an end to
Elder Abuse! To learn more
and to register, go to page 8.



Abused seniors are **3X**
MORE LIKELY TO DIE
than non-abused seniors.



COGNITIVE DECLINE IS A
RISK FACTOR FOR elder
abuse, including **FINANCIAL**
EXPLOITATION.



Aproximately **1 IN 10**
SENIORS is abused
EACH YEAR.



Abused seniors are **MORE LIKELY** to be
PLACED IN NURSING HOMES than
non-abused seniors.



Elder abuse is **DRAMATICALLY**
UNDERREPORTED. Only **1 IN EVERY 23**
CASES gets reported to Adult Protective
Services.

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, August 21, 2019, 1:00 p.m.

RCCOA Administrative Offices
1015 Short Drive, Suite A
Prudenville, MI 48651
Everyone is welcome to attend.

Mr. P's Adventures

Thanks for helping Mr. P find his flag. He was able to get it out for the holiday and all was good. This summer sure is going fast. Mr. P is really glad for all this warm humid weather—he has tiny cucumbers started on his plants and his tomatoes are really going to town. But he really appreciated the director's column warning seniors to be careful. And then there is that article on page 20 about meds and summer sun. He is going to check his meds to see what precautions he might need to take. He's also very interested in the Elder Abuse Prevention Conference—he had a friend whose child took advantage of him financially. It was most devastating. He almost lost everything but fortunately the other kids figured out what was going on and stepped in. He's so grateful. But Mr. P had was clueless. He decided he needs to attend the conference so he can be more aware and know how he might be help and who to call. Now, where is that registration form...he just had it. Don't you hate it—you have something in your hand one minute and can't find it the next! Anyways, Mr. P wants to get his registration form filled out and turned in. He needs your help in finding it. When you find the page it is on, let your Center Manager know 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, August 8**. Deadline to enter is **Wednesday, August 7, 3:00 p.m.** 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, give them the answer and they will enter you in the drawing. If you win, your meal driver will deliver the gift card to you.



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.

From the Director...

Dog days of summer... Sure has been hot lately. No, I'm not complaining; I'd rather have the heat than bitter cold any day!

This month my article is a PSA (Public Service Announcement) **BE CAREFUL IN THIS HEAT. IT CAN BE AS DANGEROUS AS COLD WEATHER.**

According to the CDC, people 65 years or older are more prone to heat-related health problems.

Why are older adults more prone to heat stress?

- Older adults do not adjust as well as young people to sudden changes in temperature.
- They are more likely to have a chronic medical condition that changes normal body responses to heat.
- They are more likely to take prescription meds that affect the body's ability to control its temperature or sweat.

Stay cool, stay hydrated

- Stay in air-conditioned buildings as much as possible. If your home doesn't have air, contact your local health department or locate an air-conditioned shelter in your area.
- Do not rely on a fan as your main cooling source when it's really hot outside.
- Drink more water than usual and **don't wait** until you're thirsty to drink.
- If your doctor limits the amount of fluids you drink or has you on water pills, ask them how much you should drink during hot weather.
- Don't use the stove or oven to cook—it will make you and your house hotter.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool down.
- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.

Remember, all three of our centers are open M-F from 9 a.m. until 3 p.m. and have air conditioning!

Please consider coming in to get out of the heat.

All the Best!

Tom





AARP Smart Driver Course

Why Take a Driver Safety Course?

"Because driving has changed since you first got your license"

The AARP Smart Driver Course, offered by AARP Driver Safety, is the nation's largest classroom and online driver safety course and is designed especially for drivers age 50 and older. By taking the AARP Smart Driver Course you'll learn the current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. This should increase your confidence and improve awareness of situations.

After completing the course, you will have a greater appreciation of driving challenges and a better understanding of how to avoid potential collisions and injuring yourself or others.

FYI — Some insurance companies give a discount on your auto insurance once you take the course. Check with your agent to see if yours does.

Take the AARP Smart Driver Course at

RCCOA Administrative Offices

1015 Short Drive, Suite A, Prudenville, MI 48651

September 24-25, 2019*

1:00-5:00 p.m.

Learn more by signing up to take the course. The classroom course costs **\$15 for AARP members** and **\$20 for non-members**. Bring a valid Michigan Driver License and AARP card, if you have one. Space is limited, register now by calling Betty at 989.366.0205, ext 100. **8 hour course: must attend both sessions*

**HELP PROTECT
YOUR FAMILY & HOME**
CALL NOW! 1-888-331-6501



HOME **SECURITY TEAM**

**SKOP'S
TAX SERVICE, LLC**

Diane J. Skop
Enrolled Agent • NTPI Fellow
(989) 366-5100
3840 W Houghton Lake Dr.
Houghton Lake

**Elizabeth
Fortino**
Agent

**989-366-5356
989-275-5454**
1576 W. Houghton Lake Dr.
Prudenville, MI
www.FortinoAgency.com



30 YEARS = TRUST



**Long's Hearing
HealthCare**
30 YEARS EXPERIENCE

1-800-286-1378

Cadillac • Prudenville • Traverse City • Rudyard

COMFORT CENTER FURNITURE

*Lift Chairs, Power Recliners
and Adjustable Bed Bases*

Grayling
989-348-2961

Gaylord
989-732-6465

Prudenville
989-366-3808

www.comfortcentersfurniture.com



A.A. Tree Service

Houghton Lake, MI 48630

989-422-2815

Buying old coins and antiques



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0755

Neurogenic Support Group "Brain Matters"

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

Wednesday, August 14, 2019

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!

Here's where and when:

Houghton Lake Center
Tuesday, August 27, 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

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



Cancer Support Group will meet:

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 is led by one of our seniors, Loralie Reinhardt. Questions, call Debra, 989.366.0205.

VETERANS:

WE ARE HERE TO ASSIST!



The **Roscommon County Department of Veterans Affairs** is at the **Houghton Lake Center Tuesdays from 11:00 a.m.-1:00**

p.m. A full working office with staff able to assist veterans and/or dependents in filing of service connected claims for disabilities, locating missing separation documents, processing applications for low income pensions and assisting veterans in arranging transportation for VA appointments and/or clinics. If you have questions or wish to make an appointment in Roscommon, call 989.275.6047.

CAREGIVER SUPPORT GROUP

Monday, August 12, 2019

Monday, August 26, 2019

1:00 p.m.

**RCCOA Administrative
Offices**

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.



Telephone Reassurance

What is Telephone Reassurance?

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. The 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 a call, contact our In-Home Service Office, 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!



FISHING



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



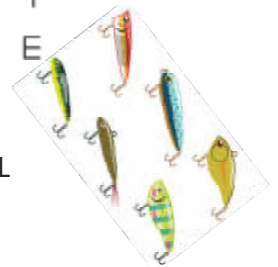
ANGLER
ANGLING
AUGER
BAIT
BASS
BLUEFISH
BOAT
BOBBER
CATCH AND RELEASE
CATFISH
CRAPPIE
CRAWLER
DAILY LIMIT



FLIES
FLIPPING
FLOAT
FLOUNDER
FLY CASTING
FLY FISHING
FLY REEL
FLY ROD
GEAR
HOOK
JIGGING
JIGS
KEEPER

LAKE
LANDING NET
LEADER
LINE
LURE
NIBBLE
PANFISH
POLE FISHING
POND
REDFISH
RIVER
ROD AND REEL
SALMON

SINKER
SPINCAST REEL
SPINNER
SPOOL
SPOON
STILL FISHING
STREAM
STRIKE
TACKLE BOX
TRAILER
TROLLING
TROUT



Find and circle all of the fishing words. The remaining letters spell a quote by Henry David Thoreau.

Foods that Fight Inflammation

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

It is becoming increasingly clear that chronic inflammation is the root cause of many serious illnesses – including cancer, heart disease, diabetes, arthritis, depression, and Alzheimer’s disease.

Inflammation is one of the body’s natural ways of protecting itself. It involves many chemical reactions that help to fight off infections, increases blood flow to places that need healing, and generates pain as a signal that something is wrong with the body. However, sometimes inflammation persists, day in and day out, even when you are not threatened by a foreign invader. That’s when inflammation can become your enemy.

Often, people take medications to decrease inflammation. Drugs like ibuprofen and aspirin can change the body’s chemical reactions but they are not without side effects. Research has shown that lifestyle choices can decrease inflammation too; our choices can influence how much inflammation we have in our bodies. Adopting a healthy diet as well as other healthy lifestyle behaviors can have a dramatic effect on inflammation levels.

The anti-inflammatory lifestyle includes:

- | | |
|------------------------------------|-----------------------------------|
| Eating anti-inflammatory foods | Getting enough good quality sleep |
| Not smoking | Managing stress well |
| Limiting alcohol intake | Managing weight |
| Adequate exercise and being active | |



Eating to Reduce Inflammation. How we eat can affect inflammation, and certain diets are more likely to decrease pain and other symptoms of disease. It is estimated that 60% of chronic diseases, including many of the health problems mentioned above could be prevented by a healthy diet. Not only can eating the right foods reduce the occurrence of inflammation in the first place, but it can help reduce and resolve inflammation that is already occurring. Eating to reduce inflammation is not one-size-fits-all. Different people do it in different ways.

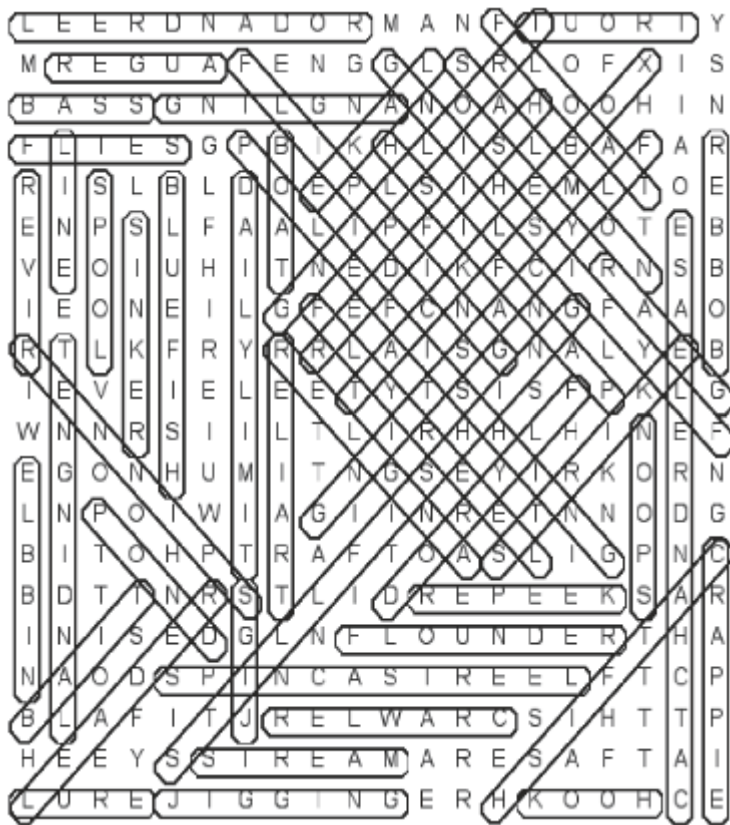
Eat More Anti-Inflammatory Foods

- **Eating a Colorful Well-Balanced Diet with Lots of Vegetables and Fruit.** Diets rich in fruits and vegetables supply important antioxidants and phytochemicals that are powerful anti-inflammatory nutrients. Brightly colored fruits and vegetables, specifically green, orange, yellow, red and purple contain many beneficial plant compounds, called phytochemicals.
- **Increase Omega-3 Fatty Acids.** Foods containing long-chain omega-3 acids such as cold water fish are especially good for decreasing inflammation. Aim for 2-3 servings per week of fatty fish like salmon, mackerel, herring, lake trout, sardines, and albacore tuna.
- **Increase Olive Oil.** When cooking, extra-virgin olive oil is an excellent choice as it has been shown to lower blood pressure, LDL cholesterol, and makers of inflammation.
- **Coconut Oil.** Interest is increasing in using coconut oil in cooking. Whether coconut oil is “heart healthy” is currently under debate. Coconut oil appears to increase HDL (“good”) cholesterol more than LDL (“bad”) cholesterol, resulting in a more favorable cholesterol profile when compared to butter.
- **Include Tea and Several Spices.** Spices such as ginger and turmeric contain important anti-inflammatory compounds. Increase these in your diet by drinking green teas and using these spices in your cooking.

Avoid Inflammatory Foods.

- **Omit Trans-Fat Containing Foods.** Trans-fatty acids promote inflammation. Sometimes referred to as “hydrogenated oils.” Foods with trans-fats include margarine, deep-fried foods and processed foods.
- **Regulate Red Meat Intake.** Limit red meats to no more than six-3oz, servings per week. Avoid processed meats such as ham, salami, hot dogs, and sausages.
- **Limit Refined Carbohydrates** such as white flour, white rice, white bread and refined sugar.

Also be active, get quality sleep, and manage stress and your weight. You don’t need to do everything all at once. Bite off manageable pieces and make one change at a time. Working to find balance in your life, addressing stress in healthy ways, being part of community, spending time outdoors, exercising and most importantly spending time with people you love are equally as important as the food you eat. You need to feed yourself as a whole, mind, body and soul. Source: University of Wisconsin Integrative Health



The hidden quote is: MANY MEN GO FISHING ALL THEIR LIVES
WITHOUT KNOWING THAT IT IS NOT FISH THEY ARE AFTER.

HOW WE SERVED YOU DURING

June 2019



Meals-on-Wheels Delivered:	6,150
Meals Served at Centers:	2093
Homemaking Service Hours:	828
Personal Care Hours:	220.5
Respite Care Hours:	248
Serenity Day Lodge Hours:	403.5

Autumnwood of McBain...



- Rehabilitation
- Skilled Nursing
- Memory/Dementia Care
- Hospice Care/Respite



**AUTUMNWOOD
OF MCBAIN**
231-825-2990
220 Hughston St., McBain
www.cienafacilities.com

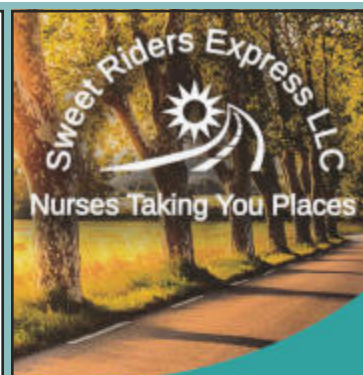
Skilled Nursing & Rehabilitation Center

Nikki Riedel
(231) 499-1729



Tom Pettit
(989) 202-5281

Capture The Dream
Photography for all occasions!
11269 Aqua Rd. • Houghton Lake, MI 48629
www.capturethedream.morephoto.net
capturethedreammi@gmail.com



At Sweet Riders Express, nurses will take you to medical appointments/procedures, to run errands or any other transportation needs you may have. Give us a call today!

231-942-2961
231-942-3120
sweetridersexpress@gmail.com
sweetridersexpress.com



Richard Wells
PARTNER

862 S. GARFIELD AVE.
TRAVERSE CITY, MI 49686

RICHARD.WELLS.MDF@GMAIL.COM
WWW.MODERNDISTRICT.COM

OFFICE: 231-421-8331 | CELL: 231-590-9104



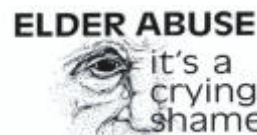
Monday, August 19, 2019

Elder Abuse Prevention Conference

Please join us for an informative day that will help you be prepared when times and questions regarding elder abuse arise in our community.

Presenters coming:

- ◇ State Representative Daire Rendon
- ◇ Patsy Clark with APS and DHHS
- ◇ Sara Gusa—Caregiver Stress
- ◇ Jan Williamson—Medicare Scams/Fraud
- ◇ Mercantile Bank—Financial Fraud/Abuse
- ◇ Elder Law Attorney Lisa Beatty



Where: Houghton Lake Center
2625 S. Townline Rd
Houghton Lake, MI 48629

Time: 9:00 a.m.—4:00 p.m.

What is Elder Abuse?

According to Michigan Law, elder abuse is any knowing, intentional, or negligent act by a caregiver or any other person who causes harm or a serious risk of harm to a vulnerable adult. Elder and vulnerable adult abuse, neglect, and exploitation are behaviors committed against an elder or unable to protect himself or herself due to a mental or physical impairment or due to advanced age.

- Abuse can happen in many places, including the person's home, a family member's house, an assisted living facility, or a nursing home.
- Abuse can happen to anyone—no matter the person's age, sex, race, religion, or ethnic or cultural background.
- Abuse includes physical, sexual, financial and emotional as well as self-neglect or isolation and abandonment.

Who should attend?

- ◇ Those over 60
- ◇ Those under 60
- ◇ Pastors
- ◇ Church leaders
- ◇ Community leaders
- ◇ Caregivers
- ◇ Anyone interested in the care and safety of the elderly

Registration Information:

Name _____

Address _____

Telephone _____

E-mail _____

Business or Church _____

This conference is offered **free of charge**. Lunch is included. **Register by mail, fax or in-person.** **You may also give it to your center manager.**

Deadline to register: Thursday, August 15, to:

Roscommon County Commission on Aging

Attn: Betty Kimble

1015 Short Drive, Suite A

Prudenville, MI 48651

Fax: 989.366.0136

Phone: 989.366.0205 **E-mail:** rccoabk@yahoo.com

Vendors also welcome—contact Betty for more details and/or to register.

Center / COA ACTIVITIES & NEWS



Enjoy Singing?

We are looking for people to join our new singing group! No experience (or talent) needed. All are welcome. We meet:

**Every Wednesday, 1:00 p.m.
Houghton Lake Center
(behind the Pines Theater)**

Our goal is to create a singing group that has fun singing together and provides cheerful entertainment for the community!

Let's Sing Together!



No Water, Watercolor Beginners' Class

**Thursday, August 8
10:00-11:30 a.m.**

Houghton Lake Center

Cost: \$5.00 per person for supplies

Linda Ermi has agreed to lead this class. You may remember her from the Zentangle classes. What a talented artist!

Class limited to 12 people.

Call Deb today to save your spot!



Zentangle Art Class

**Thursday, August 22,
2019**

10:00-11:30 a.m.

Roscommon Center

510 South Street, Roscommon

Cost — **Free**

All materials needed for class will be provided

Class is limited to 10 students

Not just for seniors — but everyone

Plan on staying for **lunch at the Center at Noon.**

What is Zentangle art?

It is unplanned so you can focus on each stroke and not worry about the result. There is no up or down to Zentangle art. In fact, you can most easily create Zentangle art by rotating your tile as you tangle — always keeping your hand in a relaxed position. You don't need to know what a tangle is going to look like to draw it. You just need to know the steps. The result is a delightful surprise.

ASK THE BANKER!

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

When: Thursday, August 8

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

Where: Houghton Lake Center



Anyone interested in playing Shuffleboard please contact Varlya at St. Helen Center (989.387.7551) to find out more.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

Ireland ~ Iceland ~ England Cruise

11 days / 10 nights — May 18-28, 2020

If you would like more info or a flyer, call Deb at 989.366.0205.

How to Plan Your Funeral



Thinking about your funeral may not be fun but planning ahead can be exceedingly helpful for your family. It both lets them know your wishes and assists them during a stressful time. The following are steps you can take to plan ahead:

- **Name who is in charge.** The first step is to designate someone to make funeral arrangements for you. State law dictates how that appointment is made. In some states, an informal note is enough. Other states require you to designate someone in a formal document, such as a health care power of attorney. If you do not designate someone, your spouse or children are usually given the task.
- **Put your preferences in writing.** Write out detailed funeral preferences as well as the requested disposition of your remains. Would you rather be buried or cremated? Do you want a funeral or a memorial service? Where should the funeral or memorial be held? The document can also include information about who should be invited, what you want to wear, who should speak, what music should be played, and who should be pallbearers, among other information. The writing can be a separate document or part of a health care directive. It should not be included in your will because the will may not be opened until long after the funeral.
- **Shop around.** It is possible to make arrangements with a funeral home ahead of time, so your family does not have to scramble to set things up while they are grieving. Prices among funeral homes can vary greatly, so it is a good idea to check with a few different ones before settling on the one you want. The Federal Trade Commission's Funeral Rule requires all funeral homes to supply customers with a general price list that details prices for all possible goods or services. The rule also stipulates what kinds of misrepresentations are prohibited and explains what items consumers cannot be required to purchase, among other things.
- **Inform your family members.** Make sure you tell your family members about your wishes and let them know where you have written them down.
- **Figure out how to pay for it.** Funerals are expensive, so you need to think about how to pay for the one you want. You can pre-pay, but this is risky because the funds can be mismanaged or the funeral home could go out of business. Instead of paying ahead, you can set up a payable-on-death account with your bank. Make the person who will be handling your funeral arrangements the beneficiary (and make sure they know your plans). You will maintain control of your money while you are alive, but when you die it is available immediately, without having to go through probate. Another option is to purchase a life insurance policy that is specifically for funeral arrangements.

Taking the time to plan ahead will be a big help to your family and give you peace of mind.

For more information on planning your funeral go to www.kiplinger.com.

ST. HELEN-ROSCOMMON MONUMENT, INC.

WHY PRE-PLAN?

- ☑ PEACE OF MIND
- ☑ SAVES YOU MONEY
- ☑ MAKES IT A SHARED DECISION
- ☑ COMPLETES YOUR ESTATE PLANNING



101 E. FEDERATION HWY-ROSCOMMON
989.389.4921 • www.shmonument.com
CALL FOR APPOINTMENT



Tel: 989-343-2470

Locations in West Branch, Michigan & Atlanta, Michigan
Compassus.com

Serving Roscommon County with Hospice Care since 2010

Roscommon County Transit



Monday through Friday:
6:00 a.m. to 7:00 p.m.

Saturday:
9:00 a.m. to 4:00 p.m.

**Call (989) 366-5309 to
Make Ride Reservations**

 RCTA passes
now available
on your phone
with the
"hopthru" app!

EXECUTIVE TRANSPORTATION

LIMOUSINE AND
TRANSPORTATION SERVICES
MEDICAL TRANSPORTATION AVAILABLE
DIRECT BILLING AVAILABLE

AIRPORT, HOTEL, SHUTTLE BUS
9041 WEST HOUGHTON LAKE DRIVE
(989) 422-6457
989-302-0015/989-213-9196
transportationexecutive@yahoo.com
24/7

The Pet Parlor



(989) 366-7500

Professional Pet
Grooming
& Pet Supplies

3537 W. Houghton Lk Dr.
Houghton Lake

Walk-in Nail Trim \$8

Joe Sanders The Handyman

Home Maintenance -
No job too small
989-808-2118 Cell
989-202-4539 Home
216 Windsor Dr.
Prudenville, MI 48651

➤ Reach the Senior Market ADVERTISE HERE

CONTACT

Richard Sawyer to place an ad today!
rsawyer@4LPi.com or (800) 950-9952 x2570

*Serving
Roscommon
and surrounding
counties as
a general
practitioner for
over 24 years*

Roberta Eckert-Chrispell

– Attorney at Law –

989.366.8177

3179 W. Houghton Lake Dr., Houghton Lake



Great Orthopedic Care is here in Grayling

You don't have to suffer anymore with joint pain.
The orthopedic team at Munson Healthcare Grayling
Hospital is here to help.

Whether your pain is in your hip, knee, shoulder,
ankle, or feet, our team is ready to assist.

Find relief with us. Make an appointment today by
calling **800-533-5520** or visit **munsonhealthcare.org/grayling-ortho**.



MUNSON HEALTHCARE
Grayling Hospital

Providers are Welcoming New Patients

Medical Care Discount Available For Those Who Qualify

- Laboratory Services and Imaging
- Behavioral Health Counseling
- Physical Therapy
- Primary Care
- Visiting Specialists

To schedule an appointment, call **(989) 422-5122**

Urgent Care

- Open 7 days a week
 - Monday - Saturday, 9 a.m. to 9 p.m. • Sunday, 10 a.m. to 6 p.m.
- (989) 422-2181**

Pharmacy

- Open Monday - Friday, 8 a.m to 5 p.m.
- We take all major prescription insurance plans including Caremark (except Humana)
- Medical Care Discount available to patients that qualify
- Prescriptions can easily be transferred to and from any pharmacy (including both chain and independent)
- No need to be a patient of the clinic to use the pharmacy

(989) 202-4605



**MidMichigan Community
Health Services**

AN AFFILIATE OF MIDMICHIGAN HEALTH



Call today to connect with a SENIOR LIVING ADVISOR

INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE



A Place for Mom has helped over a million
families find **senior living solutions** that
meet their **unique needs**.



Joan Lunden, journalist,
best-selling author, former
host of Good Morning America
and senior living advocate.

There's no cost to you!
(888) 672-0689

We're paid by our partner communities

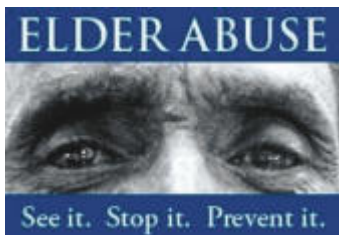


4-D-5-5

For ad info. call 1-800-477-4574 • www.4lpi.com



15-0755



The Facts of Elder Abuse

Elder abuse, the mistreatment or harming of an older person is an injustice we all need to prevent and address.

Facts of Elder Abuse Everyone Should Know

- ◆ **About 1 in 10 Americans age 60+ experienced abuse.**
- ◆ **Nearly 1 in 2 people with dementia experience some form of abuse by others.**
- ◆ **Elder abuse is underreported.** The New York State Elder Abuse Prevalence Study found that for every elder abuse case known to programs and agencies, 23.5 were unknown. In the same study, they examined different types of abuse and found for each case of financial exploitation that reached authorities 44 cases went unreported. The national elder abuse incidence study estimated that only 1 in 14 cases of elder abuse ever comes to the attention of authorities.
- ◆ **Without accessible, quality health and public services, our population becomes more at risk for abuse as we age.**
- ◆ **The impact of elder abuse is felt by people of all ages.** The costs of elder abuse are high for the affected individuals and society alike. It creates health care and legal costs, which are often shouldered by public programs like Medicare and Medicaid, and reduces older people's participation in the life of the community.
- ◆ **Elder abuse costs victims billions of dollars each year.** The annual financial loss by victims of elder financial exploitation was estimated to be \$2.9 billion in 2009, a 12% increase from 2008.
- ◆ **Elder abuse is associated with increased rates of hospitalization in the community population.** Older adults who experienced abuse or neglect were twice as likely to be hospitalized than other older people.

Source: National Center on Elder Abuse

Things Everyone Can Do to Prevent Elder Abuse

Here are things everyone can do to build community supports and prevent elder abuse.

- **Learn the signs** of elder abuse and how we can solve the issue together.
- **Prevent isolation.** Call or visit our older loved ones and ask how they are doing on a regular basis.
- **Talk to friends and family members** about how we can all age well and reduce abuse with programs and services like law enforcement, community centers, and public transportation.
- **Volunteer to be a friendly visitor** to a nursing home resident or to the homebound in our community.
- **Provide respite breaks for caregivers.**
- **Encourage bank managers** to train tellers on how to detect elder financial abuse.
- **Ask your church** to talk about elder abuse and provide information.
- **Contact local Adult Protective Services or Long-Term Care Ombudsman** to learn how to support their work helping older people and adults with disabilities who may be more at-risk.
- **Attend an Elder Abuse Prevention Conference** to learn more about resources available.

It's up to all of us to prevent and address elder abuse!

Roscommon County Veterans Affairs

Is sponsoring a *field trip* to
Grand Rapids Home for Veterans
Wednesday, August 23, 2019

Transportation will be provided, and departure time from the Roscommon County Building will be at 8:00 a.m. Space on the bus is limited to 13 veterans. Call 989.275.6047 for more information and to sign up.

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.



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



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



Alzheimer's Support Group

Roscommon County Alzheimer's Support Group meets at the Houghton Lake Center the second Wednesday every month 1:00 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) for more information.

Dial 211
Northeast Michigan

Get Connected. Get Answers.
SERVING NORTHEAST MICHIGAN

- ★ Free, confidential information and referral
- ★ Available 24 hours a day, 7 days a week
- ★ Call to GET and GIVE help
- ★ Efficient, fast and easy to use
- ★ Connect with a caring professional

Connecting people in need with people who can help.

DIAL 211 OR TOLL-FREE (888) 636-4211
E-mail & chat available at: www.211nemichigan.org

amazonsmile
You shop. Amazon gives.



Are you an online shopper? Consider buying from Amazonsmile. If you already have an Amazon account, you are able to log into Amazonsmile with your current email and password. Once in, it will prompt you to choose a nonprofit organization to support and they will donate .5% of your sales to that group. It doesn't cost you anything! Isn't that cool? Please check it out and consider supporting Roscommon County Commission on Aging as you do your online purchasing. Remember, it doesn't cost you a penny.



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.



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!

AND THE WINNERS

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

Houghton Lake Greg Manor
Roscommon

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



Dow Gardens 2019 Lunchtime Concert Series Midland, Michigan



Join us for a guided tour of the garden grounds, lunch and the concert of the day at Dow Garden in Midland, Michigan. You may bring a summertime drink with you if you would like. Time to shop in the Dow Garden gift shop is also possible. We will be ready to return back to Houghton Lake around 2:30 p.m.

Leave Houghton Lake Center 10:00 a.m.

Arrive back in Houghton Lake around 3:30 p.m.

Cost: \$25.00 per person, per concert date

Includes: guided tour, lunch, concert, transportation

2019 Concert Schedule

August 7 – MFR & Oni

August 14 – Jim Pagel Trio

August 21 – Josh Ramses Band

August 28 – Charlie Millard Band



Space is limited so call Debra, 989.366.0205, to make your reservation ASAP. When you call, be sure to mention the date(s) you would like to go.



RCCOA Gift Shop

Our gift shop is located in the Houghton Lake Center, 2625 S. Townline Rd, Houghton Lake. Come on in and browse. You may find that special birthday, baby, or anniversary gift you have been looking for...or even something for yourself. We have many unique items that just might be the right fit!

We are open 9:00 a.m.-3:00 p.m.



WHO'S AWESOME?
You're Awesome!

Houghton Lake Center News

Hello Everybody!

I hope your summer is going well. July has been everything I hoped for and more. It took a while to get here but it is rounding out to be just as beautiful as our past Michigan summers.

In this month's newsletter I would like to send a personal message to all of you I have had the opportunity to meet since I started at the RCCOA in 2015. The opportunity to assist in the well-being of our most revered citizens has been a privilege and a pleasure that will stick with me for all time. I have made real and lasting friendships I am forever grateful for. I appreciate the amazing tales and accomplishments you have shared with me. Whether intentional or just my perception, all your stories seemed to carry a life lesson I can use. I may be having trouble finding the words, but the sentiment is there. The fact is, I have never been treated better by a finer group of people. Thank you for allowing me to be of service, for your honest advice and for your genuine caring. Don't forget the strength your group has in this community.

I would like to start profiling some of our amazing seniors. This month's inspiration comes from our friend Jane Gruenberg Davis who just completed Michigan's beautiful Shore-to-Shore Trail with her horse Holly. Completing a 200+ mile journey, on horseback, averaging 24 miles a day is a huge accomplishment at any age. At 92 years it is an extraordinary feat bound to inspire! Congratulations Jane and Holly on your **record-breaking** trip and thank you for sharing your story.

July brought us a wonderful presentation from "Helping Paws for Veterans." Thank you for the wonderful service you provide and bringing in some of your quality service animals. "The Lighthouse of Roscommon" has been a wonderful supporter of the RCCOA. We appreciate the Blood Pressure Clinic and the great treats for our monthly birthday celebration they have graciously provided.

Stop in this August so you don't miss any of our quality presentations including the "Financial Capability Workshop", "Alzheimer's Support and Hospice" or the Roscommon Animal Shelter informational. If you like to travel, check out "A River Cruise Through the Netherlands: A Travel Log" complete with photos and firsthand testimony. And don't forget to register for the Elder Abuse Prevention Conference on Monday, August 19. Our Senior Advisory Board will be hosting a picnic Saturday, August 24, 2019. It will be held at the VFW Pavilion, 935 S Loxley Road, Houghton Lake, from 1:00-3:00 p.m. Meat and dinnerware will be provided. You may RSVP by signing up at the center or by calling me. If you plan on attending, please bring a dish to pass and your own beverage.

See you Soon!

Doug Ellsworth

Center Manager
Houghton Lake Center
2625 S Townline Rd
Houghton Lake
989.366.9168
Fax 989.202.2008



DAILY ACTIVITIES

Mon:	9:00 a.m. Exercise 10:30 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, Dominoes 1:00 p.m. Cribbage
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 1:00 p.m. Bingo 1:00 p.m. Euchre
Fri:	9:00 a.m. Exercise 10:00 a.m. Chair Volleyball 10:00 a.m. Sr Advisory BD Coffee Clutch 12:00 p.m. Quilters

Roscommon Center News



We wait so many months for it to warm up and be summer, and just like that we are reaching the end. I hope that you are all enjoying your summer.

We are saving some of our best things for last (summer) though. Please check out our newsletter for activities—here at Roscommon and at the other centers.

The annual “Meals-on-Wheels” RCCOA Car Show will be held Saturday, August 10, from 8:00 a.m.-4:00 p.m. at the Roscommon Fire Training Grounds, 290 Ballenger Road. Everyone is encouraged to get out and see the cars, enjoy a meatloaf lunch prepared by our Roscommon cook, Michelle, and support our “Meals-on-Wheels” program for the homebound.

Monday, August 12, we have a fun program planned—Cathy Boyle will be here to talk about her river cruise to the Netherlands. I hope you will join us. We hope to have more travel logs in the future. If you have been somewhere and would like to share it with us, please call. Nothing is too small—what seems like a little trip to you might be on another’s bucket list.

The No Talent, Talent Show will be held in Houghton Lake Friday, August 16. If you would like to participate, call Debra Looney (989.366.0205) to sign up.

Friday, August 23, we will hold our “Annual County Fair”. This is a fun time for all. We will have a baking contest. Other contest categories include arts and crafts, gardening, and photographing. See me to sign up.



The White Elephant Auction will be Wednesday, August 28, right after lunch. We are always collecting items for this. Call me for more information.

Congrats to Eleanor Tucker on winning the Mr. P drawing. You, too, could win. All you need do is discover what Mr. P is looking for in his column, then find the item(s). Once you have found it, let me know what it is and where it is. I will fill out a slip to enter you in the drawing.

Trivia for this month:

People who participate in this are more mentally agile than those who don’t. If your name is Margaret, you are a shoe-in to win, more than those with other names. This originated in Italy over 500 years ago and was popularized by a New York Toy Salesman. On one ticket there could be 552 million-billion number combinations. This alone is the number one way to raise money across the world.

Have a great rest of summer!

Smile!



Roscommon Center Manager
510 South Street (across from
The Brook) Roscommon
989.275.8421
Fax 989.275.6232

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

The demonstration “The Bed Shaker Alarm” by Grayson’s Gift was very educational. They have units available for any hard of hearing individuals within Roscommon County and there are no costs for these units. Police and fire employees will install them for you. I have information and applications in my office. Just give me a call and I will forward them to you. Or if you have questions, I will try to help you.



Monday, August 12, 10:45 a.m., Theresa Eckdon will show her Travel Log – River Cruise through the Netherlands. This will be fun to watch. Come and join us. Then at 12:30 until 3:00 p.m. Thursday, August 15, we will host a 50’s dance. Come on in and shake your tail feathers!!

If you like to Aerobic Walk in the mornings, our walkers encourage you to join them. They are usually here Monday, Tuesdays, Thursdays and sometimes on Friday at 8:30 a.m. Regular exercise class held on Monday, Wednesday, and Friday, keeps growing. You are invited to come in and join the group. The times are listed below under daily activities. Men are also welcome to participate.

We are always looking for more Cribbage players on Thursday mornings. If Cribbage isn’t your game, Bunco is also available at this time. 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. We have a newly redone shuffleboard. If you’re interested in playing let me know. Don’t forget to look for Mr. P, you never know where he or something of his might be. Our winner for June was Mary Yennior, who received a \$10.00 Walmart gift card.

Every few weeks on Thursdays, we have Wii Bowlers that come from Grayling, Kalkaska, and Rapid City to bowl at our center. Everyone has a lot of fun. Call if you’re interested in participating or just watching.

Check out the daily and monthly activities at the bottom of the page.



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

7 11:15 a.m. Lighthouse of Roscommon B.P.C.
8 After lunch—Rapid City WII Bowlers
9 10:00 a.m. **Cancer Support Group**—Houghton Lake (pg 4)
10 8:00 a.m. RCCOA **Annual Car Show** (pg 12)
12 10:45 a.m. Travel Log -A River Cruise through the Netherlands”
1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
14 4:30 p.m. Brain Matters Support Group—Houghton Lake (pg 4)
15 12:30 p.m. 50s Dance
16 1:00 p.m. No Talent Talent Show (pg 9)
19 9:00 a.m. Elder Abuse Prevention Conference (front page, pg 8)
20 11:15 a.m. Intellicare B.P.C.
22 12:00 Noon **Birthday Party**
After Lunch—Grayling WII Bowlers
26 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
27 10:00 a.m. **Blood Drive**
28 11:15 a.m. Senior Advisory Meeting

Monthly Center Activities — August

Houghton Lake

- 2 11:30 a.m.-12:00 Noon Roscommon County Animal Shelter with Nadine
- 5 11:30 a.m.— 12:00 Noon Financial Capability Workshop with Chelcie from NMAA
- 8 **Tai Chi cancelled**
10:00 a.m. No Water, Watercolor Beginner's Class
1:00 p.m. Dragon Fly Yard Art Class
- 9 **10:00 a.m. Cancer Support Group** (pg 4)
- 10 8:00 a.m. RCCOA **Annual Car Show** (pg 12)
- 12 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 13 10:00 a.m. Beginner Card Making (sign up at center)
11:30 Senior Advisory Board Meeting
1:00 p.m. Travel Log — A River Cruise through the Netherlands with Kathy and Theresa
- 14 11:30 a.m. Coping with Alzheimer's with Stacey Allen from Munson
1:00 p.m. Alzheimer's Support Group (pg 13)
4:30 p.m. Brain Matters Support —HL (pg 4)
- 16 1:00 p.m. No Talent Talent Show (pg 9)
- 19 9:00 a.m. Elder Abuse Prevention Conference (front page, pg 8)
- 21 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Sandy from The Lighthouse of Roscommon
- 22 12:00 Noon **Birthday Celebration**
Tai Chi cancelled
3:30 p.m. Grief Support Group with Karen from Munson
- 24 1:00-3:00 p.m. Annual Picnic, VFW Pavilion
- 26 11:00 a.m. Blood Pressure Clinic with Marie from Intellicare
11:30 a.m. Congestive Heart Failure and Diabetes with Marie from Intellicare
1:00 p.m. Caregiver Support Group—Prudenville (pg 4)

Roscommon

- 5 12:45 p.m. Senior Advisory Board Meeting
- 6 National **Rootbeer** Float Day (Join us for lunch for a rootbeer float)
- 9 10:00 a.m. **Cancer Support Group**—HL (pg 4)
- 10 8:00 a.m. RCCOA **Annual Car Show** (pg 12)
1:00 p.m. Monthly Card Party
- 12 12:45 p.m. Travel Log—A River Cruise through the Netherlands with Kathy
1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 14 4:30 p.m. Brain Matters Support Group—HL (pg 4)
- 16 1:00 p.m. No Talent Talent Show—HL (pg 9)
- 19 9:00 a.m. Elder Abuse Prevention Conference—HL (front page, pg 8)
National **Lemonade** Day
- 21 National Senior Citizens Day — Enjoy Yourself
- 22 10:00 a.m. Zentangle Art Class
12:00 Noon **Birthday Celebration**
- 23 12:45 p.m. County Fair
- 26 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 27 10:00 a.m. **Blood** Drive — HL
- 28 12:30 p.m. White Elephant Auction
- 30 Beach Day—Wear or Bring Your Beach Apparel



Houghton Lake Center
No Bake Sale for August



"MEALS-ON-WHEELS" CAR SHOW



"THIRD ANNUAL"
Saturday, August 10, 2019

Roscommon Fire Training Grounds
290 Ballenger Road
Roscommon, MI 48653

Schedule

Registration — 7:00 a.m.-11:00 a.m.

Lunch — "Meatloaf Dinner"
Served 12:00 Noon—1:00 p.m.
\$5.00 for the meal

Trophies Awarded — 3:00 p.m.
Dash Plaque to first 100 entries
Cruise

EDEN FIELDS

ASSISTED LIVING AND MEMORY CARE

Everyone deserves to feel *right* at home.

989-718-3117

EdenFieldsAssistedLiving.com
3567 Deep River Rd. • Standish, MI



Paul Berg, Agent

1440 Heightsview Dr
P.O. Box 308
Houghton Lake Heights, MI 48630

Email: pcberg@bergmartin.com

BERG / MARTIN AGENCY, INC
1-800-689-5468 Fax: (989) 422-3779
www.bergmartin.com



GREAT LAKES SOFT WATER II

- Sales **KEN SHELDON**
- Rental Phone 989-366-4043
- Service Fax 989-366-6688
- Salt Delivery

1821-B W. Houghton Lake Dr.
Houghton Lake, MI 48629



WE'RE HIRING AD SALES EXECUTIVES



- Full Time Position with Benefits
- Sales Experience Preferred
- Paid Training
- Overnight Travel Required
- Expense Reimbursement

CONTACT US AT: careers@4LPi.com
www.4LPi.com/careers



KING

NURSING & REHABILITATION
COMMUNITY

2280 Tower Hill Road,
P.O. Box 397
Houghton Lake, MI 48629

Phone: (989) 422-5153
www.atriumlivingcenters.com



THE LIGHTHOUSE

AT ROSCOMMON

HEALTH AND REHABILITATION CENTER

Short-term rehabilitation

Long-term care • Memory care unit

Physical, Occupational & Speech therapy services

(989) 275-8936 • 1290 E Michigan Hwy • Roscommon, MI 48653



4-D-5-5

For ad info. call 1-800-477-4574 • www.4lp.com



15-0755

Summer Weather Doesn't Mix with Some Medications

By Lynn Harrelson



Summer is here and the days continue to get hotter. We look forward to getting outside and enjoying the warm weather, but a number of common prescription medications can complicate having fun in the sun. It's important to be aware of medication side effects. The reasons everyone loves summer—the sun and warm weather—are the exact causes of some dangerous drug interactions and health complications. Be sure to check all of your medication pamphlets for the three side effects explored in detail below before heading outside this summer.

Dehydration. During the hot summer months, it's easier to become dehydrated because we lose fluid through the process of sweating. Dehydration worsens when we decrease our fluid intake in an attempt to manage bathroom visits or cannot remember how much fluid they have consumed due to cognitive impairment. Add in "water pills" or diuretics used to control conditions like edema, hypertension, and glaucoma, and the effects can be profound. Other medications that contribute to fluid loss include laxatives, chemotherapy drugs and antihistamines. Dehydration, or lack of fluids, may present as lightheadedness and fatigue. Younger individuals simply need to increase their fluid intake when they feel thirsty, but the thirst mechanism in older individuals works less effectively. Seniors may not realize they are dehydrated until they begin experiencing more serious symptoms like dizziness, confusion and racing heartbeat, which can be caused by the heart pumping against a smaller volume of blood. Fluids, preferably water, are needed to keep the body functioning properly. Everyone, regardless of age, is encouraged to increase their fluid intake during the summer months. While plain water is the best source of hydration, plenty of other healthy beverages, and even foods, can help increase hydration on hot summer days.

Sensitivity to Sunlight. Certain topical, oral and injection medications can cause phototoxic and photoallergic reactions in individuals when they are out in the sun. A few well-known examples are antibiotics (quinolones, tetracyclines, and sulfonamides), non-steroidal anti-inflammatory drugs (NSAIDs), thiazide diuretics, and some anti-diabetic agents (sulfonylureas). Symptoms include sunburn-like skin inflammation, rash, and eczema. During the sunny months, it's extremely important to ask a healthcare provider how each medication (new and old) may interact with spending time outside. How a person might react to a medication is often dependent on the dosage as well as the amount and intensity of sun exposure. Photoallergic reactions can be difficult to predict unless a senior has a history of them. Preventing photosensitivity is similar to preventing sunburn. Good prevention includes avoiding or limiting exposure to the sun, wearing protective clothing (including hats), and using sunscreen products.

Heat Intolerance. The heat of summer may cause greater problems since seniors have a reduced ability to regulate body temperature. The addition of certain medications can further weaken or inhibit the body's normal physiological response to heat and humidity. For example, haloperidol (Haldol) and risperidone (Risperdal) block signals to the brain that body temperature is rising, while drugs like beta blockers actually reduce blood flow to the skin, thereby preventing the release of excess heat. Tricyclic antidepressants and many over-the-counter medications containing diphenhydramine (Benadryl and Dramamine) actually cause individuals to sweat less. It is crucial to closely monitor seniors taking these and similar medications while spending time outside. Overheating, also known as hyperthermia, can quickly progress into heat stroke if left untreated. Keep an eye out for symptoms like nausea and vomiting, changes in heart rate, **decreased** sweating, confusion and fainting. To avoid overheating, wear light-weight summer clothes, keep a cool, non-alcoholic beverage handy, and bring your own shade while spending time outside.

Safe Summer Fun. It is important for seniors and their caregivers to get some fresh air and vitamin D this summer, but be smart about outdoor activities. Certain prescription and over-the-counter medications require special precautions, so read all inserts and prescribing information carefully. Wear the proper sun protection, drink plenty of water, and try to plan outings for the cooler parts of the day to avoid issues.

Source: CareGiving.com *The Caregiver's Newsletter*

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

NIAGARA FALLS & TORONTO

2019

Incredible Price Includes:

- ♦ Motorcoach transportation
- ♦ 4 nights lodging
- ♦ 8 meals: 4 breakfasts and 4 dinners
- ♦ Guided tours of Niagara Falls & Toronto
- ♦ A Journey to The Falls on a "HORNBLOWER NIAGARA CRUISE"
- ♦ Gaming at Fallsview Casino
- ♦ A visit to Niagara-on-the-Lake & Queen Victoria Park
- ♦ A visit to Casa Loma; Canada's most magnificent castle
- ♦ *and much more*

\$485*

5 DAYS

4 NIGHTS

**Per person, double
occupancy**

(Mon—Fri)

**Sept 30—Oct 4,
2019**

**You MUST bring a
valid U.S. passport,
U.S. passport card,
or enhanced drivers
license for this tour.**

**World's most
famous Falls**



**Magnificent
Casa Loma Castle
in Toronto**

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

**Gaming at
Fallsview Casino**



***Price per person, based on double
occupancy.
Add \$150 for single occupancy.
\$75 Due Upon Signing.**



**Visit beautiful
Queen Victoria
Park**

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



Add peace of mind to your trip...with Diamond Tours Exclusive Travel Confident Protection. See Deb for more information.

Education



“A Matter of Balance”

Many older adults experience concerns about falling and have to restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels by emphasizing practical strategies to manage falls.

WHO SHOULD ATTEND?

- Anyone concerned about falling
- Anyone interested in improving balance, flexibility and strength
- Anyone who has fallen in the past
- Anyone who has restricted activities because of falling concerns

LEARN TO:

- View falls as controllable
- Set goals for increasing activity
- Make changes to reduce fall risk at home
- Exercise to increase strength and balance

THE CLASS:

- Is **FREE**
- Meets at **RCCOA Administrative Offices, 1015 Short Drive, Suite A, Prudenville**
- **10:00 a.m. — 12:00 Noon**
- Twice weekly (Mondays and Wednesdays) for four weeks—starts **Wednesday, September 4**, goes through **Monday, September 30**

Coumadin (Warfarin) and Your Diet



What is Coumadin (Warfarin)? Coumadin helps keep your blood from clotting too much. It works by reducing blood clotting proteins made with vitamin K by the liver. Blood clots are formed through a series of chemical reactions in your body. Vitamin K is essential for those reactions. Coumadin works by decreasing the activity of vitamin K; lengthening the time it takes for a clot to form.

The main dietary concern of taking warfarin has to do with the amount of vitamin K in your diet. When you eat foods high in vitamin K, you can decrease the effect of warfarin. Likewise, eating less vitamin K can increase the effect of the medication.

The key is to eat a similar amount of foods that contain vitamin K each day. For example, plan to eat only 1/2 cup of these foods per day. Don't make any major changes to your diet without talking to your doctor. You don't have to follow a diet low in vitamin K. It is more important to eat foods with vitamin K in about the same amount from week to week.

Foods high in vitamin K. Leafy green vegetables contain higher amounts of vitamin K. Here are some foods high in vitamin K:

Cabbage	Sauerkraut	Lettuces
Broccoli	Brussels Sprouts	Mustard Greens
Endive	Beet Greens	Kale
Spinach	Green Onions	Parsley

Cranberries. Avoid eating cranberries, cranberry juice or cranberry supplements while taking Warfarin. It can change the way the med works in your body.

Alcohol. Avoid drinking alcohol while taking warfarin. Alcohol can change the way your body responds to the medicine. Ask your doctor—he may say it's ok.

Talk to your health care provider if you have questions.

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

AUGUST 2019

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread	2 National Ice Cream Sandwich Day Hot dog on a bun Coney Sauce & onions German Potato Salad Cole Slaw Ice Cream Sandwich
5 Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread	6 Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/ tomato Honey Wheat Roll	7 Tuna Salad Stuffed Tomato on lettuce 3 Bean Salad Pineapple Tidbits Pudding Cup	8 Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll	9 Grilled Chicken Salad, lettuce, tomato, cheese Marinated Cucumbers Jello Dinner Roll
12 Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll	13 Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread	14 Taco Salad with meat & refried beans, lettuce, tomato, onion & sour cream Black Beans & Corn	15 Chicken Marsala Mashed Potatoes Sour Cream & Chives Green Peas Chilled Peaches Wheat Bread	16 Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread
19 Chef Salad Lettuce, Tomato, Cucumber, Onion, Egg, Ham, Turkey, Cheese Assorted Rolls	20 Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn	21 BBQ Chicken German Potato Salad Beets Cornbread	22 Chicken Salad on a Croissant Redskin Potato Salad Tossed salad w/ tomato Birthday Party	23 Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread
26 Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple	27 Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	28 Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread	29 Smothered Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread	30 Hamburger on a Bun Steak Fries Baked Beans Mixed Fruit

Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

COA Trips

Lavender Hill Farm Boyne City

Thursday, August 8, 2019

Leave Houghton Lake Center 9:15 a.m.

Cost \$22.00

Includes Tour of farm at 11:00 a.m., sack lunch on the bay and transportation.

Wander through a wonderland of lavender at Lavender Hill Farm in Northern Michigan! The farm offers visitors a magical experience of regal beauty and scents of purple and green waves of lavender. It's no wonder families visit year after year.



Bay City Boat Lines History Tour on the Saginaw River

Tuesday, August 13, 2019

Leave: Houghton Lake Center 8:00 a.m.

Return: 3:30 p.m. **Cost:** \$28.00 per person

Includes: Two-hour cruise, sack lunch, transportation
Limited to 18 people

This two-hour sailing history tour is sponsored by Skorupski Family Funeral Homes. After sailing the Saginaw River and listening to the history of the area we will stop for our box lunch at a local park.



Tree Canopy Walk Dow Gardens, Midland, MI Monday, August 12, 2019

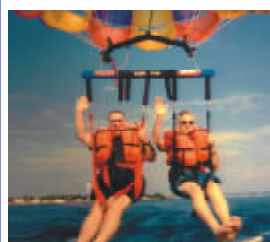
Leave: Houghton Lake Center 10:00 a.m.

Return: 4:00 p.m. **Limited to 18 people.**

Cost: \$22.00 per person

Includes: Canopy walk, sacklunch, transportation

Whiting Forest of Dow Gardens features 54 acres of woodlands, ponds, apple orchard, meadows and stream. Guests of all ages and abilities are immersed in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground.



Mackinaw Parasailing Adventures

Monday, August 19, 2019

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

Return: around 3:00 p.m.

Price: for this exciting adventure is **\$65.00**

Includes: parasailing, lunch & transportation

Imagine experiencing the sights and sounds of Mackinaw with a bird's eye view, flying gracefully over the waters of Lake Huron as you ascend into a luminous azure sky. Or stop imagining and take your summer vacation to new heights with Mackinaw Parasailing. If you are an extreme sports enthusiast looking for a highflying adventure on your next vacation, come join us.

Limited to 16 people of all ages!

Soaring Eagle Casino, Mt. Pleasant

Thursday, August 22

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

Return: 7:00 p.m.

Cost: \$25.00 per person

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



We accept MasterCard and Visa as a debit or credit for our trips and donation with 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.