



NEWS

"Informing,
Educating,
&
Caring"

Commission on Aging

www.rcco.com

December 2019

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All Centers open 9:00 a.m.-3:00
p.m. Monday through Friday.
Lunch served from 12:00 noon-
1:00 p.m.



From our staff to you and yours:

Merry Christmas & Happy New Year!

Roscommon County Commission on Aging, Inc.,
Board of Directors' will **not** hold a meeting in
December.

The Board wishes you and yours

**A VERY MERRY
CHRISTMAS**
and Happy New Year!

Mr. P's Adventures

Mr. P sure is glad you helped him find the RCCOA closure policy in the newsletter. He cut it out and put it right on his refrigerator so he could refer to it when the weather is bad. November seemed more like December with all the cold and snow. It's been a long time since he has seen a start to winter like that. He wonders what the rest of the winter will be like. It's time to think about decorating for Christmas and getting everything out. Mrs. P has been busy with writing her Christmas cards and baking Christmas goodies. She doesn't know but Mr. P found where she hid some of the cookies so he has been taste testing them to make sure they are ok...but don't tell her. They have also been talking about trying to do something with the grandkids to make the holidays special for someone else. He saw a list of ideas somewhere in the newsletter but doesn't remember exactly where. Can you help him find it? Mrs. P wanted to look at it again and make some plans. When you find it, let your Center Manager know so she can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Wednesday, December 11**. Deadline to enter is **Tuesday, December 10, 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 can call you if you win. "Meals-on-Wheels" people, you can participate, too. Call your center manager, give her the answer and she 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...

So, here it is fixin' to be December already and the weather thinks it's January. Debra, Varlya, Johnna and I just returned from a Michigan Association of Senior Centers "MASC" conference down in Mt. Pleasant. What a great time networking with other like-minded professionals! I know...it's scary to think that there are more of us out there. We spent time discussing very important topics such as active shooter training, budgetary restraints, and inclusiveness. Not just based on sex, color and religion but also on lifestyles, beliefs and political views. We had a great conversation on being welcoming to ALL we come in contact with. A large part of the conversation dealt specifically with the LGBTQ community but quite honestly it is a larger problem at the root. The truth of the matter is we realized prejudices still occur throughout the spectrum of humanity and communities and that they may even be amplified in our centers because of them being "micro-societies". Remember when interfaith marriages were taboo? How about interracial marriages and children? What about having a child out of wedlock? Remember when divorced mothers always got custody of the children? And now same-sex marriages. As a society we have come a long way but we are not "there" yet. We are still a work in progress. At the end of the conference, the motivational speaker encouraged us all to make goals and write them down. We were also told to drop the word "try". So, here we go... My goal is to make our agency and centers welcoming to ALL who wish to participate. To make our centers a "judge-free" zone were we can all be ourselves and not have to worry about what others may think. What do you say? Are you with me?

Wishing you all a Merry Christmas!

Tom



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.

Please mark your calendar to donate at this blood drive!

Here's where and when:

Houghton Lake Center

February 25, 2020

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.



RCCOA's Closure Policy

With winter weather near at hand the need to close our centers may arise. The RCCOA's policy is as follows:

- If the **Houghton Lake Public Schools** are closed due to weather, the **Houghton Lake Center** is closed and no meals will be delivered.
- If the **Roscommon Area Public Schools** are closed due to weather, the **Roscommon** and **St. Helen Centers** are closed and no meals will be delivered.

For the homebound, an emergency meal will be sent out in advance for those days we may be closed. Please stay safe if you choose to travel.

The RCCOA Administration reserves the right to override our closure policy in the best interest of our clients and staff.

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



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15-0755



CAREGIVER SUPPORT GROUP

Monday, December 9, 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 care for a child, a parent, a spouse, or someone else. Interested or have questions, contact Betty at the RCCOA, 989.366.0205.

Munson Healthcare Hospice

Grief Support Group

Thursday, December 19
3:30 p.m.

Houghton Lake Center

All are welcome. No registration required.

Please remember that anything shared in the group is confidential. Support groups create a safe, confidential, and supportive community by offering participants knowledge of the grief process and mutual support.

For more information on Munson Healthcare Hospice and bereavement activities, contact them at 800.252.2065 or online, munsonhomehealth.org.



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.



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!



VETERANS:

WE ARE HERE TO ASSIST!

Roscommon County Department of
Veterans Affairs is at the

Houghton Lake Center

Tuesdays, 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.

Alzheimer's Support Group

Roscommon County Alzheimer's Support Group

Houghton Lake Center

second Wednesday of the 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.



Christmas!

Find and circle all of the Christmas words. The remaining letters spell a secret message.










E N A C Y D N A C H T A E R W S S
 T H I S S N O I T A R O C E D H Y
 E G G N O G M E H E L H T E B E O
 G I F T S F R U I T C A K E T P T
 R E G N A M H F R I E N D S F H S
 S L T R E E I E C S C S R R S E E
 T S H N E G A S A A E A A A T R J
 H A R A S E N N T L N N R A T D E
 G I E G S E T I C L K D K O G S S
 I T E G L A K I K I E S L O L T U
 L T W O B E C A N C O T L E N S S
 F E I B E I I C L G O D O E S N J
 A S S O L L E R A F C T M E M O O
 M N E T L N B N B N W A S Y A W S
 I I M T S O G A B A N O R E R M E
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Crockpot and Slow Cooker

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

Imagine this: You just walked in the door after running errands all day and you are greeted by the aroma of a tender beef stew simmering in your slow cooker. You slice a loaf of whole-wheat bread and toss a simple spinach and strawberry salad. Voila! Dinner is served! It's all-day cooking without looking!! Slow cookers or crockpots are wonderful cooking tools to prepare a meal in.

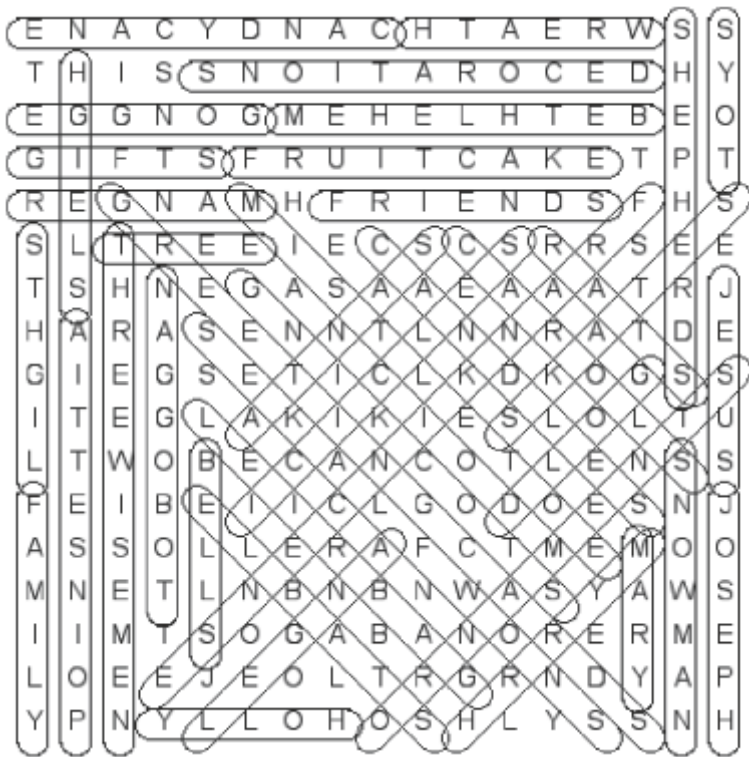


Cooking at a safe temperature. A slow cooker must reach the correct temperature to cook food properly and to prevent the growth of foodborne pathogens. Pathogens are bacteria or viruses that cause illness. Although they usually exist in harmless quantities, they can multiply to dangerous levels if food is stored or cooked at inadequate temperatures. A safe slow cooker cooks slowly enough for unattended cooking, yet fast enough to keep food out of the danger zone in which pathogens grow quickly. The danger zone of 40 degrees to 140 degrees.

Preparing food for the slow cooker. Here are some basic safety rules when using a slow cooker:

- Wash hands before, during and after food preparation.
- Always begin with a clean cooker, clean utensils and a clean work area.
- Keep perishable foods refrigerated until preparation time. If you cut up meat and vegetables in advance, store them separately in the refrigerator to prevent cross contamination.
- Always thaw meat or poultry before putting it in the slow cooker. Frozen meat or poultry may not thaw quickly enough to prevent the growth of pathogens. You may add frozen vegetables since they thaw more quickly.
- Because raw vegetables cook slower than meat or poultry, place the vegetables in the slow cooker first. Place the meat on top of the vegetables and top with liquid, such as water, broth or sauce.
- For easy cleanup and care of your slow cooker, spray the inside of the cooker with nonstick cooking spray before using it. Slow cooker liners also ease cleanup.
- Fill the slow cooker no less than half full and no more than two-thirds full. Cooking too little or too much food in the slow cooker can affect cooking time, quality and/or safety.
- If possible, set your slow cooker on high for the first hour, then turn the heat setting to low to finish cooking. Do not lift the lid unnecessarily during the cooking cycle. Each time the lid is raised, the internal temperature drops 10-15 degrees. It takes approximately 20 minutes to recover the lost heat, which extends the required cooking time and increases the food safety risk.
- If you are not home during the entire slow-cooking process and the power goes out, throw away food even if it looks done. If you are home during the cooking process, finish cooking the ingredients by some other means, such as an outdoor grill. If the food was completely cooked before the power went out, the food will remain safe for up to two hours.
- Store leftovers in shallow, covered containers, and refrigerate within two hours after cooking is finished.
- Measure the temperature of your foods before eating them. Follow the recommended safe internal temperature:
 - 145 F — Fresh beef, veal, lamb, pork (steaks, roasts, chops); allow a three-minute rest after removal from heat.
 - 145 F — Fin fish (or cook until flesh is opaque)
 - 160 F — Eggs; ground meat and meat mixtures (beef, pork, veal, lamb, turkey or chicken)
 - 165 F — Casseroles: poultry (chicken, turkey, duck and goose)

Continued on page 8



The hidden quote is:



HOW WE SERVED YOU DURING

October 2019

Meals-on-Wheels Delivered:	6490
Meals Served at Centers:	2290
Homemaking Service Hours:	779
Personal Care Hours:	216
Respite Care Hours:	253.25
Serenity Day Lodge Hours:	375.75

AND THE WINNERS

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

Houghton Lake	Sharon Serviss
Roscommon	Jim Sanchez
St. Helen	Irene Piper



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

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15-0755

Crockpot and Slow Cooker Food Safety

Continued from page 6

- Most recipes can be converted to cooking in your slow cooker. Because liquids do not boil away in a slow cooker, in most cases, you can reduce liquids by one-third to one-half. Add pasta at the end of the cooking process or it may become too mushy. You may want to cook pasta separately and add it just before serving. Mild cheese and cream may be added one hour before serving.
- Time chart for adapting recipes: if the recipe says 15 -30 minutes cook on low for 4-6 hours or on high for 1 1/2 - 2 hours. If the recipe says 35 - 45 minutes, cook on low for 6-10 hours or on high for 3-4 hours. If the recipe says 50 minutes to 3 hours, cook on low for 8 -16 hours and on high for 4 - 6 hours.
- Do not reheat leftovers in your slow cooker. Instead heat leftovers on the stove or in the microwave or until the internal temperature reaches 165 degrees. It may be placed in the slow cooker on low or warm during serving.

Vegetable Soup

1 lb. lean or extra-lean ground beef, browned and drained

1 (15-oz.) can tomato sauce

1 (14.25 oz.) can low sodium beef broth and 1 can water

1 envelope dry onion soup mix

1 (10 oz.) pkg. frozen mixed vegetables

Mix all ingredients together in a slow cooker and cook on low 7-9 hours.

Makes 8 servings. Each serving has 220 calories, 8 g fat, 15 g carbohydrates, 3 g fiber and 480 mg sodium

Source: www.ag.ndsu.edu/food



A new pastor was visiting in the homes of his parishioners. At one house it seemed obvious that someone was home, but no answer came to his repeated knocks at the door. Therefore, he took out a business card and wrote 'Revelation 3:20' on the back of it and stuck it in the door.



When the offering was processed at the next worship service, he found that his card had been returned. Added to it was this cryptic message, 'Genesis 3:10.' Reaching for his Bible to check out the citation, he broke up in gales of laughter. Revelation 3:20 begins 'Behold, I stand at the door and knock.' Genesis 3:10 reads, 'I heard your voice in the garden and I was afraid for I was naked.'

Holly

This red-berried, glossy-leaved shrub is prevalent in our decorations at Christmas time. Its use is traced to the early Romans who sent holly boughs to their friends during the feast of Saturnalia, which occurred at about the same time as our Yuletide does. Early Christians continued this custom of using holly as gifts, but fashioned it into wreaths to symbolize the crown of thorns, the red berries symbolic of drops of blood. From that time on, the holly wreath has stood for timelessness, its endless circle the emblem of Eternity.



Source: The Country Register of California & Northern Nevada

Center / COA ACTIVITIES & NEWS

MOVIE DAY



Come join us to watch a movie at the Center of your choice. Free popcorn for everyone and no charge for the movie either!

Friday, December 6 — St. Helen Center, after lunch. The movie is *Secondhand Lions*

Wednesday, December 11 — Houghton Lake Center, 12:45 p.m. The movie is Christmas themed.

ASK THE BANKER!

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

When: Thursday, December 12

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

Where: Houghton Lake Center



LIGHT-HEARTED QUARTET DECEMBER 5

Performing at all 3 Centers:

Houghton Lake Center — 11:30 a.m.

Roscommon Center — 12:30 p.m.

St. Helen Center — 1:30 p.m.

Cost: FREE

The Light-Hearted Quartet is back again this year. The ladies will present a holiday concert. Please plan on coming to your center of choice for dinner and enjoy the concert. The cost of the event is covered by your Center's Activity Fund.



Houghton Lake Center

Thursday, December 19, 11:00 a.m.

If you plan on donating baked goods, bring them the day before or by 10:30 a.m. that morning. Please price your items. A RCCOA fundraiser



2019 Income Tax Returns Volunteers Needed

The RCCOA will be partnering with United Way and participating in the VITA (Volunteer Income Tax Assistance) Program in 2020 to do 2019 tax returns. We are looking for a few volunteers to assist with doing the returns. Training will be provided. If you are interested, call 989.366.0205 and ask for Tom or Betty to find out more. Information to sign up for appointments will be in the February newsletter.



The Roscommon County Commission on Aging, our 3 centers and Serenity Day Lodge will be CLOSED:

Tuesday, December 24 and

Wednesday, December 25

Tuesday, December 31 and

Wednesday, January 1, 2020

"Meals-on-Wheels" clients will receive frozen meals in advance to be used those days.



What to Do If You Are Appointed Guardian of an Older Adult

Being appointed guardian of a loved one is a serious responsibility. As guardian, you are in charge of your loved one's well-being and you have a duty to act in his or her best interest.



If an adult becomes mentally incapacitated and is incapable of making responsible decisions, the court will appoint a substitute decision maker, often called a "guardian," but in some states called a "conservator" or other term. Guardianship is a legal relationship between a competent adult (the "guardian") and a person who because of incapacity is no longer able to take care of his or her own affairs (the "ward").

If you have been appointed guardian, the following are things you need to know:

- **Read the court order.** The court appoints the guardian and sets up your powers and duties. You can be authorized to make legal, financial, and health care decisions for the ward. Depending on the terms of the guardianship and state practices, you may or may not have to seek court approval for various decisions. If you aren't sure what you are allowed to do, consult with a lawyer in your state.
- **Fiduciary duty.** You have what's called a "fiduciary duty" to your ward, which is an extremely high standard. You are legally required to act in the best interest of your ward at all times and manage your ward's money and property carefully. With that in mind, it is imperative that you keep your finances separate from your ward's finances. In addition, you should never use the ward's money to give (or lend) money to someone else or for someone else's benefit (or your own benefit) without approval of the court. Finally, as part of your fiduciary duty you must maintain good records of everything you receive or spend. Keep all your receipts and a detailed list of what the ward's money was spent on.
- **File reports on time.** The court order should specify what reports you are required to file. The first report is usually an inventory of the ward's property. You then may have to file yearly accountings with the court detailing what you spent and received on behalf of the ward. Finally, after the ward dies or the guardianship ends, you will need to file a final accounting.
- **Consult the ward.** As much as possible you should include the ward in your decision-making. Communicate what you are doing and try to determine what your ward would like done.
- **Don't limit social interaction.** Guardians should not limit a ward's interaction with family and friends unless it would cause the ward substantial harm. Some states have laws in place requiring the guardian to allow the ward to communicate with loved ones. Social interaction is usually beneficial to an individual's well-being and sense of self-worth. If the ward has to move, try to keep the ward near loved ones.

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



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15-0755

Carols and Caroling



It's that time of year when Christmas music—all sorts of Christmas music—abounds...but it hasn't always been that way. It took a very long time for the Christmas hymns and music we hold dear to become accepted. Caroling, an old word referring to dancing or singing songs of praise and happiness, was practiced during all seasons of the year during the Dark Ages and covered a wide range of subjects. When a fourth-century pope designated December 25 as the day to recognize Christ's birth, many secular carols were adapted as songs celebrating the birth of Jesus. But the organized church (both Catholic and Anglican) was unhappy with the use of pagan music for songs with Christian messages so they quickly squashed and controlled Christmas music for almost eighteen hundred years. The inclusion and acceptance of carols was slow in coming by the common people. Not many people liked them as they were written and sung in Latin, a language they couldn't understand. By the Middle Ages (the 1200s), most people had lost interest in celebrating Christmas altogether.

This all changed in 1223 when St. Francis of Assisi built on a Christmas tradition created by a church leader in tenth-century Rome. He constructed a nativity scene outside his church and invited children not just to look at the scene of the first Christmas but to join him in the display and sing Christmas songs. Instead of singing the songs in Latin, they sang in their own language, thus learning the song's meaning. New enthusiasm and excitement filled the children as well as those who listened. These children were probably the first true Christmas carolers. As a result the new carols spread to France, Spain, Germany and other European countries. As these new songs were owned by the common people the music took on life and joy. Even though the shocked church leaders tried to ban the songs, the common people continued to sing them in their homes and on the streets.



Soon carolers could be found across Europe—both professional and amateur. Traveling singers entertained audiences. Locals sang them everywhere. Children would perform on street corners. Early sixteenth-century Germany, Martin Luther embraced carols and sang them with his children. In part to Luther's acceptance of carols, the German carols of this time were better written and more spiritual. Prince Albert, husband of England's beloved Queen Victoria, loved to sing and was a huge fan of Christmas carols. Their appreciation of the music helped to change the stance of the church. This music, once distrusted by the church, was now embraced across Europe.

This tradition spread to the U.S. first through the Methodists and then the Lutherans. By the end of the Civil War thousands of churches were using the Christmas music to reach the unchurched and to minister to the sick, disabled, and shut-ins. Unlike England and Europe, these carolers sang because they wanted to. They discovered that music made Christmas come alive. Maybe more than anything else the church did in the late 1800's caroling brought goodwill to people throughout the world.

Caroling is not as popular today as it was 50 years ago due in large part to the changes in our culture. People are incredibly busy, life is fast-paced and America has become more urban than rural. Social media/technology has also had an impact on music and connecting with one another. Yet caroling does still go on. Carolers can be found bundled up singing at live Nativity scenes or spotted in malls and outside churches or visiting nursing homes. In a very real sense the music church leaders thought would destroy Christmas has brought the season to life in the most wonderful way. Carols and carolers are the musical fuel that creates so much joy as their songs touch others more deeply than perhaps any other venue of Christmas activities.



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.



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Get Connected. Get Answers.
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- ★ Call to GET and GIVE help
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- ★ Connect with a caring professional

Connecting people in need with people who can help.

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E-mail & chat available at: WWW.211MICHIGAN.ORG

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!*

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.



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! Please check it out, then consider supporting the RCCOA as you do your online purchasing. Remember, it doesn’t cost you a penny.

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



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.



RCCOA Gift Shop

Open 9:00 a.m.-3:00 p.m.

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!

**ROSCOMMON COUNTY COMMISSION ON AGING
AND THE SERENITY DAY LODGE**

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ALL CAREGIVERS AND THEIR FAMILIES**

HOLIDAY OPEN HOUSE

DECEMBER 11, 2019

3:00 TO 7:00 p.m.

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APPETIZERS
REFRESHMENTS
COOKIE DECORATING
CRAFTS, MUSIC
AND MUCH MORE**

THE SERENITY DAY LODGE

1015 SHORT DRIVE, Suite A FOR INFORMATION CALL
PRUDENVILLE 989-366-0205




Christmas Peace!

Christmas Eve 1870 during the Franco-Prussian War, a French soldier leaped out of his foxhole in the midst of the battle and began singing the carol *O Holy Night*. He was soon joined by other Frenchmen, and all gunfire ceased. The Germans answered with a carol of their own, and for one day the battle stopped and men on both sides celebrated Christmas.

In 1914 a Christmas truce was called during World War I. During the special truce, both sides got together, helped bury the dead, exchanged gifts, and sang Christmas carols.


During World War II, as well as during the wars in Korea and Vietnam, organized caroling was one way troop morale was bolstered during the holidays. The old songs, the ones the men had sung since childhood, brought together more than their voices; it knit together their spirits, hopes and dreams.



How are you at making words out of other words? Here's the challenge: Make as many words as possible from **Happy New Year**


Have fun!!!!

Q: What do people often say in a cold, Mexican kitchen?



A: Brrrrrito

Q: Why shouldn't you tell jokes about peanut butter?



A: People might spread it around

Houghton Lake Center News

I hope that you all had a great Thanksgiving and that Christmas and Santa will be good to you. The weather is looking promising for Santa to get around with his sleigh.

Congrats go to Sharon Serviss on winning Mr. P. Also, to Marsha Wilson, Jackie Zarzyski, and Birdie Cullip on winning the Fall Baskets.



The Roscommon Commission on Aging in conjunction with MidMichigan Hospice and Northland Area Federal Credit Union held a Veterans Day Celebration on Thursday, November 14. What an awesome ceremony! Taking time to realize what all these people have given for us is a humbling experience. We will never fully comprehend what they gave for us. I would like to personally thank each and every one for their part in this special event.

The Houghton Lake Center has a lot to offer so if you are sitting home and are bored, whether you are a senior or not, come on in. There are so many things to do. We have exercise, shooting pool, bingo, playing cards, support groups, and coffee hour. Many of the COA trips leave from this center so if you are adventurous, check out the trips and see what appeals to you. They are open to adults of all ages. Come on in and find your niche. Lunches are a \$2.50 donation for anyone over 60, and only \$5.00 if you are under 60. Guaranteed that for the price the lunches are the best way to go.

Check out our December calendar. We are going to be very busy. Tuesday, December 3rd, Judy will teach an angel making class. These are beautiful and seem simple to make. Call to sign up. Tuesday, December 10th, Deb Fletcher will hold a Beginner's Card Making class. Wednesday the 11th at 12:45 p.m. we will watch a Christmas movie. On the 18th come listen to the new singing group (they are looking for new members from any center). I am sure there will be many songs you know, and you will be able to sing along. All of this along with the daily activities.

I wish you all a Merry Christmas, and I hope that you will take the time to stop in and visit us.

Johnna Ancel
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, 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 10:30 a.m. Pool League 1:00 p.m. Bridge 1:00 p.m. Let's Sing Together
Thurs:	9:00 a.m. Exercise 9:00 a.m. Mahjong 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

Here's hoping that you had a great Thanksgiving. Fast on to Christmas. I hope all of you find time to look past the presents and trees to remember that Christmas is really about family and love. Unfortunately, for some the holidays are long and lonely. Please come to the Centers to find some comfort and friendship.



Here are all our lucky winners for November: Mr. P is Jim Sanchez; Trivia is Ladonna Kram and the answer was Mickey Mouse; the fall basket is Peggy Poynter; and the coloring contest winner was Nancy Dennert (hopefully I got your last name right). Thanks, everyone for participating. On Monday the 11th of November Roscommon County Commission on Aging honored the Veterans at the St Helen and Roscommon Centers. Thank you to the COA for this recognition of our veterans. I would like to thank all of the Veterans myself personally. I would also like to thank Doug Nagel who really made the Ceremony in Roscommon very personal, as he knew many of the veterans, and was able to talk personally about several of them.

On Monday the 2nd of December we will have our senior advisory board meeting. ALL are invited. Please come and join us as we need to get some new input on things that our center can do or get involved in. And, please remember, when we say SENIOR, this is not just for us on the other end of the pendulum. We are a happening place and want to thrive as a center for years to come. Whether it be cards, playing pool, dancing, games, etc., we want and need your ideas and thoughts. The plus side of all this is that we have some of the best food around at an exceptionally great price. Oh, and did I mention the best company people could have.

Saturday, December 7th, the Roscommon County Commission Center on Aging will sponsor a table at the *Christmas in the Village* craft show. Come meet our center managers. They will be glad to wrap presents for you for a donation. Come see us. Then Tuesday, December 10th, Lori from the Roscommon County Department of Veterans Affairs in Roscommon will be here. She will talk about the services available. Come hear her so you know what's out there to help. Thursday, December 12th, and Friday, December 13th, is the annual COOKIE SALE. Oh my! We have some of the best cookies around and for a very good price. Then Saturday, December 14th, is the monthly card party. And don't forget our Christmas Party Friday, December 20th. Wear your ugly Christmas sweater for the party so you can be part of our Ugly Sweater Contest. The party begins at 12:45 p.m. We will also have a gift exchange—ladies buy for a lady, and men buy for a man—and a Christmas sing along. Come enjoy this wonderful time with us.

The exercise class on Monday and Wednesdays is growing and growing. This could be part of your New Year's resolution to jump on board and get some fitness in while meeting new people. Please join us at 10:45 a.m. to do some arthritic exercising.

Our annual New Years Party will be announced as details are still being worked out.

I hope 2020 brings all of you Peace, Health, and Happiness.

Johnna Ancel



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 12:45 p.m. Euchre, Pool, Games
Wed:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 12:45 p.m. BUNKO 1:00 p.m. Board Games, Unlucky 7's , Pool
Thurs:	10:00 a.m. Chair Yoga 12:30 p.m. Euchre
Fri:	10:00 a.m. Penny Bingo 1:00 p.m. Pool, Wii Bowling

St. Helen Center News

We wish all our Center family a very Merry and safe Christmas and a **Happy Healthy New Year!** At our Veteran's Day Celebration, we honored over 20 veterans, their wives' and family members for their sacrifice and service for this great country. We can never forget you and what you have done for our liberty. **Mr. Bob Greene was unable to do his lathe demonstration in November due to the weather. We will reschedule him in the Spring.**



Our next movie will be *Secondhand Lions*, a delightful movie, on **Friday, December 6th** after lunch. Come in for lunch and stay for the movie. We will enjoy some popcorn and punch. Our Annual Christmas Party with special guests from the Roscommon Elementary School children and Mr. & Mrs. Claus will be on Thursday, December 12. Included in our Christmas party celebration is our Annual Ugly/Funny Christmas Sweater. So be sure to wear that "special" sweater and come have fun with us.

We will not have an Advisory Meeting this month with all the Holiday celebrations. December Birthdays will be celebrated on Thursday, the 19th of December. November's Mr. P Winner is Irene Piper, who received a \$10.00 Walmart gift card. Congrats!

If you would like to Aerobic Walk in the mornings, our walkers would enjoy having you join them. They are usually here Monday, Tuesdays, Thursdays and sometimes on Friday at about 8:30 a.m.

CALLING ALL PENNY BINGO PLAYERS! Come join us on Tuesdays at 10:00 a.m. Stay for lunch. Then play regular Bingo after lunch until 3:00 p.m. Needed, additional Cribbage players on Thursday mornings at 10:00 a.m. Also, Bunco will be available at this time if Cribbage is not your game. Come join our Chair Yoga class on Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m.

We would like to start a Game Day. Let us know if you are or know of someone that would be interested in participating!!

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

- 4 11:15 a.m. Blood Pressure Clinic with Lighthouse
- 5 1:30 p.m. *Light-Hearted Quartet* (pg 9)
- 6 12:30 p.m. Movie *Secondhand Lions* & Popcorn (pg 9)
- 7 Come meet our Center Managers and have your gifts wrapped at *Christmas in the Village in Roscommon*
- 9 1:00 p.m. Caregiver Support Group (pg 4)
- 11 1:00 p.m. Alzheimers Support Group (pg 4)
- 3:00-7:00 p.m. **Serenity Day Lodge** Open House (pg 14)
- 12 11:00 a.m. Christmas Party with special Roscommon Elementary First Graders along with Santa & Mrs. Claus
Annual Ugly/Funny Christmas Sweater Contest
- 13 10:00 a.m. **Cancer Support Group**—Houghton Lake (pg 4)
- 17 11:15 a.m. Intelicare B.P.C.
- 19 12:00 Noon **Christmas Brunch**—Don't forget to **RSVP by 12/11**
12:00 Noon **Birthday Celebration**
3:30 p.m. Grief Support Group (pg 4)
- 24 **Closed for Christmas Eve**
- 25 **Merry Christmas!** — Closed
- 31 **Closed for New Year's Eve**
Jan 1 Happy New Year! — Closed



Center Activities — December



Houghton Lake

- 3 10:30 a.m. Angel Crafts w/Judy
- 5 11:30 a.m. *Light-Hearted Quartet* (pg 9)
- 7 Come meet our Center Managers and have your gifts wrapped at *Christmas in the Village in Roscommon*
- 9 1:00 p.m. Caregiver Support Group (pg 4)
- 10 10:00 a.m. Beginner Card Making (sign up at center) cost \$10, includes lunch
- 11 12:45 p.m. Movie Day
1:00 p.m. Alzheimer's Support Group (pg 4)
3:00-7:00 p.m. *Serenity Day Lodge* Open House (pg 14)
- 12 11:00 p.m. *Ask the Banker* (pg 9)
- 13 **10:00 a.m. Cancer Support Group** (pg 4)
- 16 11:00 p.m. Blood Pressure Clinic
- 18 10:00 a.m.-3:00 p.m. Pool Party
12:45 p.m. *Music in the Air* singing group
- 19 12:00 Noon **Christmas Brunch**—Don't forget to **RSVP by 12/11**
3:30 p.m. Grief Support Workshop (pg 4)
- 23 Houghton Lake Christmas Party
- 24 **Closed for Christmas Eve**
- 25 **Merry Christmas! — Closed**
- 31 **Closed for New Year's Eve**
Jan 1 Happy New Year! — Closed



Roscommon



- 2 12:45 p.m. Senior Advisory Board Meeting
- 5 12:30 p.m. *Light-Hearted Quartet* (pg 9)
- 7 Come meet our Center Managers and have your gifts wrapped at *Christmas in the Village in Roscommon*
- 9 1:00 p.m. Caregiver Support Group (pg 4)
- 10 11:45 a.m. Blood Pressure Clinic w/Intelicare
12:15 p.m. Roscommon County Department of Veterans Affairs Presentation w/Lori
- 11 1:00 p.m. Alzheimer's Support Group (pg 4)
3:00-7:00 p.m. *Serenity Day Lodge* Open House (pg 14)
- 12 11:00 p.m.-3:00 p.m. Roscommon Center Annual Cookie Sale
- 13 **10:00 a.m. Cancer Support Group** (pg 4)
11:00 a.m.-3:00 p.m. Roscommon Center Annual Cookie Sale
- 14 1:00 p.m. Monthly Card Party
- 19 12:00 Noon **Christmas Brunch**—Don't forget to **RSVP by 12/11**
3:30 p.m. Grief Support Workshop (pg 4)
- 20 10:00 a.m.-12:00 Noon Ugly Sweater Contest
12:45 p.m. Roscommon Christmas Party
- 24 **Closed for Christmas Eve**
- 25 **Merry Christmas! — Closed**
- 31 **Closed for New Year's Eve**
Jan 1 Happy New Year! — Closed



Illegal Robocall Scam

LANSING – Michigan Attorney General Dana Nessel today issued a consumer alert to advise Michigan residents of an illegal robocall scam where the callers are representing themselves as employees of the Office for Victims of Crime federal agency.

The scam artists are using spoofing technology, which allows them to appear as a local caller in an attempt to steal personal information, including Social Security Numbers, from Michigan residents.

To view the alert go to: https://www.michigan.gov/ag/0,4534,7-359-81903_20942-512391--,00.html

Veterans, Active Duty, Active Reserve Members

Christmas Ham

Veterans Assistance Package available
Thursday, December 19, 2019



American Legion Post 245

3564 South Reserve Road

Prudenville, MI 48651

4:00-6:00 p.m. or until supplies run out!



Need Proof of Service — Military ID, Drivers License with “Veterans Status”, DD 214, VA ID card, or military service membership cards, i.e.: VFW, American Legion, AMVETS, DAV or Marine Corp League.

The American Legion’s success depends entirely on active membership, participation and volunteerism. The organization belongs to the people it serves and the community in which it thrives.

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15-0755

December Weather-lore and Superstitions

The twelfth month of the year brings us Christmas, Hanukkah, and New Years Eve.

A Christmas pudding should be made with 13 ingredients to represent Jesus and his Disciples and every member of the family should take turns to stir the pudding with a wooden spoon from east to west, in honor of the wise men.

On Christmas eve all animals can speak. It's bad luck to test this superstition!

The child born on Christmas Day will have special fortune.

Good luck will come to the home where a fire is kept burning throughout the Christmas season.

White Christmas, green Easter. Green Christmas, white Easter.

The nearer the New Moon to Christmas Day, the harder the winter.



A windy Christmas is a sign of a good year to come.

If it rains on Christmas, there will be four weeks with no sun.

If there's thunder during Christmas week, the winter will be anything but meek.

If Christmas Day be bright and clear, there'll be two winters in the year.

If December is cold and the earth is covered with snow, next year's rye will be in abundance.

If the sun shines through an apple tree on Christmas, there will be an abundant crop of apples in the coming year.

So many hours of sun on Christmas Day, so many frosts in the month of May.

A green December fills the graveyard.



Shoveling Safety



Tips to minimize risk, maximize benefit

Winter weather has already hit with snow and cold. While shoveling can be great exercise, it can also pose some risks. The National Safety Council recommends the following tips to shovel snow safely:

- * Do not shovel after eating or while smoking.
- * Take it slow and stretch out before you begin.
- * Shovel only fresh, powdery snow.
- * Push the snow rather than lift it.
- * If you do lift it, use a small shovel or only partially fill the shovel.
- * Lift by bending your legs, not your back.
- * Do not work to the point of exhaustion.

And remember: don't pick up that shovel without a doctor's permission if you have a history of heart disease. If you feel tightness in the chest or dizziness, stop immediately. A clear driveway is not worth your life.



Do Something Special

Do something different this holiday season. Below are 10 suggestions to help spread holiday cheer:

1. Take cookies to a nursing home.
2. Organize a mitten and coat collection.
3. Give food to a food pantry.
4. Host a family in need. Maybe even take the makings for a Christmas meal to this family.
5. Purchase gifts for children who may not be as fortunate
6. Send Christmas cards to people not normally on your list like the mailman, paperboy, your doctor, or even a delivery person.
7. Take holiday treats to your neighbors.
8. Build a surprise snowman in someone's yard.
9. Add some decorations on the front door of a friend's home.
10. Volunteer at a shelter.



Make this season special for your family and the ones around you.



ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

IRELAND ~ ICELAND ~ ENGLAND

With Celebrity Cruises on the Celebrity Reflection

11 days / 10 nights

May 18-28, 2020

Passport Required

Air departs US on May 17 in order to arrive in Dublin May 18

Inside Cabin Category	10	\$3,911
Balcony Cabin Category	2B	\$4,691
Balcony Cabin Category	2A	\$4,991

Rates are per person double occupancy and include roundtrip airfare from Detroit, cruise, port charges, government fees, taxes and transfers to/from ship. CELEBRITY CRUISES HAS ADVISED THAT ALL AIR PRICES ARE SUBJECT TO CHANGE AND ARE NOT GUARANTEED UNTIL FULL PAYMENT HAS BEEN RECEIVED.

Deposit Policy: An initial deposit of \$550 per person double occupancy or \$1100 per person single occupancy is required in order to secure reservations and assign cabins. Final payment is due by January 17, 2020. **Those who book early get the best prices, the best cabin locations, and their preferred dining times.**

Depart: **Houghton Lake Center**, 2625 South Townline Rd, Houghton Lake, MI

For a flyer with full details/schedule and/or to make reservations, contact Debra Looney 989.366.0205.



Education

The most wonderful stressful time of the year!

Along with a long list of demands, the holiday season can bring unwelcome guests—stress and depression. Consider these practical tips to preserve your sanity and your health:

- * **Stick to a budget.** Before you go gift and food shopping, decide how much money you can afford to spend. Don't try to buy happiness with an avalanche of gifts.
- * **Learn to say no.** Saying yes when you should say no can leave you feeling resentful and overwhelmed. Friends and colleagues will understand if you can't participate in every project or activity.
- * **Don't abandon healthy habits.** Don't let the holidays become a free-for-all. Overindulgence only adds to your stress and guilt. Have a healthy snack before holiday parties so you don't go overboard on sweets, cheese, or drinks. Get plenty of sleep. Incorporate physical activity into each day.
- * **Be realistic.** The holidays don't have to be perfect or just like last year. As families change and grow, traditions and rituals often change as well. Choose a few to hold on to, and be open to creating new ones.
- * **Take a breather.** Spending just 15 minutes alone, without distractions, may refresh you enough to handle everything you need to do. Clear your mind, slow your breathing and restore inner calm.
- * **Set aside differences.** Try to accept family members and friends as they are, even if you don't live up to all of your expectations. Set aside grievances until a more appropriate time for discussion.
- * **Acknowledge your feelings.** If someone close to you has recently died or you can't be with loved ones, it's normal to feel sad. It's OK to cry or express your feelings.
- * **Seek professionals help if you need it.** If you find yourself feeling persistently sad, anxious, hopeless, irritable, unable to sleep or unable to face routine chores, talk to your doctor or a mental health professional.

Source: *Mayo Clinic, mayoclinic.org*



Medicare Coverage Open Enrollment

Q: When is Medicare Open Enrollment for 2019 coverage?

A: Medicare Open Enrollment is from **October 15 to December 7, 2019.**

During this annual enrollment period you can make changes to various aspects of your coverage.

- You can switch from **Original Medicare** to Medicare Advantage, or vice versa.
- You can also switch from one **Medicare Advantage** plan to another, or from one **Medicare Part D** (prescription drug) plan to another.
- Medicare Part D prescription drug plans, generally speaking, can only be changed once a year during open enrollment.
- And if you didn't enroll in a Medicare Part D plan when you were first eligible, you can do so during the general open enrollment, although a late enrollment penalty may apply.

If you want to enroll in a Medicare Advantage plan, you must meet some basic criteria.

- You must be enrolled in **Medicare Part A and B.**
- You must live in the plan's service area.
- You cannot have **End-Stage Renal Disease** (some exceptions apply).

To assist in exploring your options, the **Roscommon County Commission on Aging (RCCOA)** will have a **trained MMAP counselor** available to assist you.

To make your appointment,
Contact Sheila at the RCCOA admin. office,
1015 Short Dr, Suite A, Prudenville, 989.366.3800.

Menu

DECEMBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Chicken a la King over biscuit Succotash Diced Pears</p>	<p>3</p> <p>Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll</p>	<p>4</p> <p>Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread</p>	<p>5</p> <p>Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread</p>	<p>6</p> <p>Beef Tips in Gravy over Egg Noodles Garlic & Herb Broccoli Cole Slaw Fruited Gelatin Wheat Bread</p>
<p>9</p> <p>Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread</p>	<p>10</p> <p>Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/ tomato Honey Wheat Roll</p>	<p>11</p> <p>Salmon Patty Brown Rice Green Peas Fresh Orange Wheat Bread</p>	<p>12</p> <p>Pot Roast Mashed Potatoes with Brown Gravy Baby Carrots Red Grapes Honey Wheat Roll</p>	<p>13</p> <p>Stuffed Chicken Breast Garden Rice Beets Fruited Gelatin Honey Wheat Roll</p>
<p>16</p> <p>Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll</p>	<p>17</p> <p>Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread</p>	<p>18</p> <p>Taco Salad with meat & refried beans, lettuce, tomato, onion & sour cream Black Beans & Corn</p>	<p>19</p> <p>Christmas Brunch Please RSVP by Wednesday, December 11</p> 	<p>20</p> <p>Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread</p>
<p>23</p> <p>Smothered Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread</p>	<p>24 CLOSED 25</p> 		<p>26</p> <p>Swedish Meatballs over Egg Noodles Baby Carrots Spiced Peaches Wheat Bread</p> <p>Birthday Party</p>	<p>27</p> <p>Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread</p>
<p>30</p> <p>Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll</p>	<p>31 January 1</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
Newly opened Cosmetology Salon

Ladies and Gents:

Join us for a morning of pampering.

Leave: Houghton Lake Center
Tuesday, December 10, 9:00 a.m.

Cost: \$12.50 per person, includes 3 treatments and transportation. Limited number of seats.



JASON HUDY: THE MAGIC OF CHRISTMAS

Wednesday, December 4, 2019

Leave: Houghton Lake Center 9:45 a.m.

Show Time: 10:30 a.m.

Cost: \$20.00 per person

Includes: Transportation, show and lunch

Limited seats available

Get ready to be immersed in a show that will amaze and amuse you. World-renowned Jason Hudy of Michigan performs mesmerizing Magic with a Christmas twist. *The "Magic of Christmas."* The show is entirely themed around Christmas, and combines favorite Christmas carols with some truly amazing feats of magic. Frosty comes to life and talks to the children! Rudolph's Red Nose provides tons of fun! Children of all ages will share the magic and experience the wonder during this

Merry Christmas
and
a Happy New Year!



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.