



NEWS

“Informing,
Educating,
&
Caring”

Commission on Aging

www.rccoa.net

February 2019

1015 Short Drive, Suite A
Prudenville, MI 48651
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Fax: 989.389.3684

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

Serenity Day Lodge

It's Here!!!
And ready to help.



COA staff relax in **The Lodge** after moving in.

After much work, the RCCOA proudly opens **The Serenity Day Lodge**, an adult day facility. **The Lodge** will open for cares Monday, February 11. In order to better serve our guests, a staff assessment is required for all participants.

**Call 989-366-0205 and ask for Cassie to
schedule an appointment!**

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, February 20, 2019, 1:00 p.m.

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

Mr. P's Adventures

Mr. P's granddaughters were thrilled with their penguins. They take them everywhere! He just heard that the **Serenity Day Lodge** is opening February 11. The Open House will be February 19. He is so excited. He has a couple of friends that are caregivers and he's going to let them know about these services. He encourages you to do the same! Mrs. P has been reminding him that Valentines Day is coming...wondering what the plans are...well, quite frankly, he hasn't thought about it yet! But he knows she is wanting to do something special, especially after all the years that they have been married. So he needs to think long and hard on it. He is thinking about taking her to one of the Centers for lunch that day. He saw the menu and it looks absolutely delicious. He also remembers seeing the RSVP date...but can't remember where. He wants to be sure and get them signed up so the center will be able to anticipate how many people are coming. He was wondering if you could help him find that date. When you find it, let your Center Manager know where it is so she/he can enter you in a drawing for a gift card. And while you are on the phone with them, you can sign up for lunch that day, too! The drawing will take place at each center at lunch on **Thursday, February 7**. Deadline to enter is **Wednesday, February 6, 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 if you're the lucky winner. "Meals-on-Wheels" people, you can participate, too. Just call the center manager. If you happen to win, your meal driver will deliver the gift card.



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...

Has anyone else noticed that our days are getting longer? I know it's wishful thinking, but Spring IS on it's way!!!! Pretty soon spring flowers will be sprouting up...Lol



I am happy to report that the COA offices are getting settled in our new location...We do miss our friends at the Houghton Lake Center though. The office staff is going to start rotating lunch at all three centers! That's good news for those who want to see us but bad for those who don't!

It's full steam ahead with **Serenity Day Lodge**. We are planning on opening this month! In fact, our first day accepting guests will be Monday, February 11, with the open house scheduled for Tuesday, February 19, 4:00—7:00 p.m. It's been a long haul but we now have things in place and are eagerly waiting to provide this service.

Make sure to get your reservation in for our special Valentine's Day lunch. We need a count by Thursday, February 7, to get the food orders in.



As always, wishing you the best!

Tom

♥ NATIONAL CAREGIVERS DAY ♥



National Caregivers Day is observed annually on the third Friday in February—this year it is on Friday, February 15. Across the nation dedicated health care professionals serve those who require long-term or hospice care. National Caregivers Day honors those men and women dedicated to providing these vital services.

Caregivers deliver a variety of services from personal care to medical services with compassion and professionalism. Their days may be long and demanding, but they provide support to those who need it most.

National Caregivers Day was founded by Providers Association for Home Health & Hospice Agencies (PAHHHA) in 2015. Its first observance was February 19, 2016. National Caregivers Day recognizes caregivers providing quality, compassionate care every day.

HOW TO OBSERVE

Take time to thank a caregiver for their dedication and care of our loved ones. Use #NationalCaregiversDay to post on social media.



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Neurogenic Support Group

“Brain Matters”

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

Will meet

Wednesday, February 13, 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!

Appointments preferred

Here’s where and when:

Houghton Lake Center

Tuesday, February 5

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

**2625 S Townline Road
Houghton Lake**



Sponsored by the RCCOA

To make an appointment, call Deb, 989.366.0205

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



CAREGIVER SUPPORT GROUP

Monday, February 4

1:00 p.m.

**RCCOA Offices &
Serenity Day Lodge**

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

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

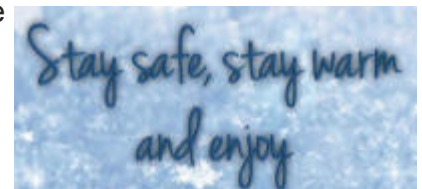


RCCOA’s Closure Policy

With winter weather here, 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.





U.S. PRESIDENTS



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|---------------|----------------|-------------------|-----------------|
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| 2. J ADAMS | 14. PIERCE | 25. MCKINLEY | 36. L B JOHNSON |
| 3. JEFFERSON | 16. BUCHANAN | 26. T ROOSEVELT | 37. NIXON |
| 4. MADISON | 16. LINCOLN | 27. TAFT | 38. FORD |
| 5. MONROE | 17. A JOHNSON | 28. WILSON | 39. CARTER |
| 6. J Q ADAMS | 18. GRANT | 29. HARDING | 40. REAGAN |
| 7. JACKSON | 19. HAYES | 30. COOLIDGE | 41. G H W BUSH |
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| 10. TYLER | 22. CLEVELAND | 33. TRUMAN | 44. OBAMA |
| 11. POLK | 23. B HARRISON | 34. EISENHOWER | 45. TRUMP |
| 12. TAYLOR | | | |



Find and circle all of the U.S. presidents hidden in the grid. The remaining letters spell an Abraham Lincoln quote. **Note:** Cleveland appears twice in the list but is only in the puzzle once.



Restaurant Rehab: Using the Menu to Make Heart Healthy Choices

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

It can be hard to find heart healthy restaurant foods. Restaurant foods are often high in calories, fat, and sodium. For this reason, limit eating restaurant foods to 1 or 2 times a week. This includes fast food, sit down restaurants and carry out. Here are some other tips to help you make heart healthy choices.

Tips to reduce calories and fat



- Restaurant meal portions are enough to feed at least two people. Split a meal with a friend, or take at least half of the meal home for leftovers.
- Avoid deep fried foods, remove skin from poultry, cut off visible fat. Try grilled chicken instead of fried chicken to reduce fat and calories. Read menu descriptions for key words, like smothered or sauced. How they prepare your meal or even spice it can play a part in how healthy it is.
- Choose lean cuts of meat (round, sirloin, tenderloin cuts), fish, or poultry prepared with no added fat. Broiling, poached, grilled, baked, and roasted are usually good choices.
- Ask for sauces, gravies, margarines, butter, salad dressing, and sour cream on the side. Use small amounts of these for flavor. Dip your fork in them before getting your bite of food. Each bite will have the taste, but you will use less.
- Ask for other high fat ingredients on the side, like cheese and nuts. You can control the amount you eat.
- Pizza is often high in fat and sodium because of the large amounts of cheese. Choose a thin crust to lower calories and select vegetables over pepperoni, ham and sausage.

Tips to reduce sodium

- Avoid soy sauce and teriyaki sauce, which contains very large amounts of sodium.
- Make careful selections at fast food restaurants. Try to order foods plain or ask for condiments and sauces on the side, ask that salt not be added to French fries.
- Cheeseburgers, specialty burgers, Southern-style chicken and condiments such as ketchup, barbecue sauce, and prepared mustard contain large amounts of sodium. Try lettuce, tomato and onion instead.
- Select a fresh fruit cup or vegetable salad to start your meal as an appetizer instead of soup or other appetizers.
- Choose plain rolls instead of salted bread sticks or salted crackers.
- Select a restaurant that has a salad bar. Assemble your salad with fresh, raw vegetables. Use only small amounts of these high sodium foods: olives, bacon bits, ham, pickled vegetables, regular salad dressing, and cheese. Consider oil and vinegar for salad dressing.
- Ask for sauces, gravies, and salad dressing not to be added to foods or that they be served on the side. Use small amounts for flavor.

Eating out successfully requires you plan ahead. In the restaurant, it is important to ask for what you want. Be firm, yet polite. No matter which restaurant you go to, you can make low-fat, low-calorie choices. Be sure to ask the server how the food is prepared.



Source: The Ohio State University Wexner Medical Center

Veterans, Active Duty, Active Reserve Members

Veterans Assistance Package available



3 lb burger,
1 pkg burger buns

February 21, 2019

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

American Legion Post 245
3564 South Reserve Road
Prudenville, MI 48651

1 pkg hot dogs
1 pkg hot dog buns

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

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

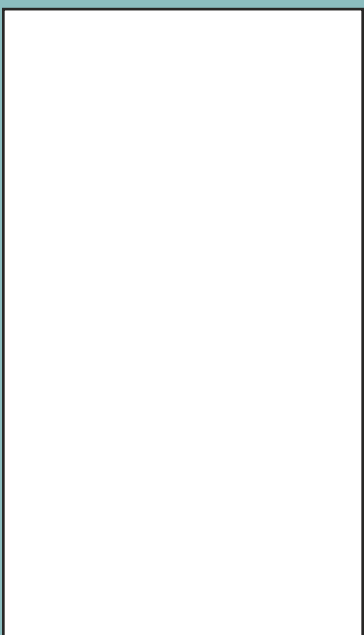
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UNITED STATES HOLIDAY

Written by The Editors of Encyclopedia Britannica

Presidents' Day, officially **Washington's Birthday**, in the United States, is (third Monday in February) popularly recognized as honoring George Washington and Abraham Lincoln. The day is sometimes understood as a celebration of the birthdays and lives of all U.S.

presidents. The origin of Presidents' Day lies in the 1880s, when the birthday of Washington—commander of the Continental Army during the American Revolution and the first president of the United States—was first celebrated as a federal holiday. In 1968 Congress passed the Uniform Monday Holiday Bill, which moved a number of federal holidays to Mondays. The change was designed to schedule certain holidays so that workers had long weekends throughout the year, but it has been opposed by those who believe that those holidays should be celebrated on the dates they actually commemorate. During debate on the bill, it was proposed that Washington's birthday be renamed Presidents' Day to honor the birthdays of both Washington (2/22) and Lincoln (2/12); although Lincoln's birthday was celebrated in many states, it was never an official federal holiday. Following much discussion, Congress rejected the name change. After the bill went into effect in 1971, however, Presidents' Day became the commonly accepted name, due in part to retailers' use of that name to promote sales and the holiday's proximity to Lincoln's birthday. Presidents' Day is usually marked by public ceremonies in Washington, D.C., and throughout the country.

George Washington, called **Father of His Country**, was born February 22, 1732, Westmoreland County,



Virginia. He was American general and commander in chief of the colonial armies in the American Revolution (1775–83) and subsequently first president of the United States (1789–97). Washington's father, Augustine Washington, had gone to school in England, tasted seafaring life, then settled down to run his growing Virginia estates. His mother was Mary Ball, whom Augustine, a widower, had married early the previous year. Washington married January 6, 1759, Martha Dandridge, a widow. She was a few months older than he, the mother of two children living and two dead, and possessed one of the considerable fortunes of Virginia. Though it does not seem to have been a romantic love match, the marriage united two harmonious temperaments and proved happy. Martha was a good housewife, an amiable companion, and a dignified hostess. After serving two terms as president, Washington retired to his estate at Mount Vernon in 1797. Two years into his retirement, he caught a cold. The cold developed into a throat infection. Doctors cared for Washington as they thought best—by bleeding him, blistering him, and attempting (unsuccessfully) to give him a gargle of “molasses, vinegar, and butter.” Despite their efforts, Washington died on the night of December 14, 1799, Mount Vernon, Virginia.

Abraham Lincoln, byname **Honest Abe**, **the Rail-Splitter**, or **the Great Emancipator**, born February 12, 1809, near Hodgenville, Kentucky. He was the 16th president of the United States (1861–65), who preserved the Union during the American Civil War and brought about the emancipation of the slaves. Among American heroes, Lincoln continues to have a unique appeal for his fellow countrymen and also for people of other lands. This charm derives from his remarkable life story—the rise from humble origins, the dramatic death—and from his distinctively human and humane personality as well as from his historical role as savior of the Union and emancipator of the slaves. His relevance endures and grows especially because of his eloquence as a spokesman for democracy. In his view, the Union was worth saving not only for its own sake but because it embodied an ideal, the ideal of self-government. On the evening of April 14, 1865, 26-year-old John Wilkes Booth—an advocate of slavery with ties to the South and the flamboyant son of one of the most distinguished theatrical families of the 19th century—shot Lincoln as he sat in Ford's Theatre in Washington. Early the next morning Lincoln died. The Lincoln Memorial in Washington, D.C., was dedicated to him on May 30, 1922.



Center / COA ACTIVITIES & NEWS



**Wednesday,
February 20, 2019
3:00 — 6:00 p.m.**

Homemade by

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- ◇ Plus 1 bowl of your choice to go!



**Mardi Gras Celebration
Fat Tuesday, March 5
Houghton Lake Center
1:00 p.m.**

Cost: \$5.00 (does not include lunch)

Our bus will pick up at
**Roscommon Center, 11:00 a.m.,
St. Helen, 11:30 p.m.**

Lunch served at Noon with celebration to follow

Join us at the Houghton Lake Center for some Mardi Gras fun. Wear your favorite Mardi Gras attire, colors: purple, green, and gold, add a jester hat or masquerade mask, don't forget the beads. Coming for lunch? Call Doug (989.366.1968) to make your lunch reservation and Deb (989.366.0205) for your bus ride.



Glitter Jar

Monday, March 11
**St. Helen 11:00 a.m.
Roscommon 12:45 p.m.**

Persis Sopariwala, RSVP Services Coordinator, will lead this class. Some people use the jar for time outs, others for a stress reliever and others just enjoy watching the glitter slowly sink to the bottom. This class is **free** and **limited to 10 people**.

Call your center manager to sign up. While you are at it, why not make a lunch reservation for that day too!



Houghton Lake Center BAKE SALE

**Wednesday, February 27
11:00 a.m.—1:00 p.m.**

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

ASK THE BANKER!

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

When: Thursday, February 14

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

Where: Houghton Lake Center



Why Not Just Use an Off-the-Shelf



A durable power of attorney is one of the most important estate planning documents you can have. It allows you to appoint someone to act for you (your "agent" or "attorney-in-fact") if you become incapacitated. Without a power of attorney, your loved ones would not be able to make decisions for you or manage your finances without asking the court to appoint a guardian or conservator, which is an expensive and time-consuming process. There are many do-it-yourself power of attorney forms available; however, it is a good idea to have an attorney draft the form for you. There are many issues to consider and one size does not fit all.

The agent's powers. The power of attorney document sets out the agent's powers. Powers given to an agent typically include buying or selling property, managing a business, paying debts, investing money, engaging in legal proceedings, borrowing money, cashing checks, and collecting debts. They may also include the power to consent to medical treatment. Some powers will not be included unless they are specifically mentioned. This includes the power to make gifts and the power to designate beneficiaries of your insurance policies.

The power to make gifts of your money and property is particularly important. If you want to ensure your agent has the authority to do Medicaid planning on your behalf in the event you need to enter a nursing home, the power of attorney must give the agent the power to modify trusts and make gifts. The wording in a power of attorney can be significant, so it is necessary to consult an attorney.

Springing or immediate. The power of attorney can take effect immediately or it can become effective only once you are disabled, called a "springing" power of attorney. While a springing power seems like a good idea, it can cause delays and extra expense because incapacity will need to be determined. If the power of attorney is springing, it is very important that the method for determining incapacity is clearly spelled out in the document.

Joint agents. While it is possible to name more than one person as your agent, this can lead to confusion. If you do have more than one person named, you need to be clear whether both parties need to act together or whether they can each act independently. It might make more sense and be less confusing to name an alternative agent to act in case the first agent is unable to.

Appointing a guardian. Another use of a power of attorney can be to nominate a guardian in case guardianship proceedings become necessary. Including your preference for a guardian can allow you to have some say over who will be managing your affairs. Usually, the court decides who will be chosen as a guardian, but in most circumstances, the court will abide by your nomination in the durable power of attorney.

Executing the power of attorney. To be valid, a power of attorney must be executed properly. Some states may require a signature, others may require the power of attorney to be notarized, and still others may require witnesses. It is important to consult with an estate planning attorney in your state to ensure your power of attorney is executed properly.

Accepting a power of attorney. Even if you do everything exactly right, some banks and other institutions are reluctant to accept a power of attorney. These institutions are afraid of a lawsuit if the power of attorney is no longer valid. Many banks or other financial institutions have their own standard power of attorney forms. To avoid problems, you may want to execute the forms offered by the institutions with which you have accounts. But be careful that you don't sign a bank's document that inadvertently restricts a power of attorney's ability to deal with other assets, and you should check that any documents you sign with a bank match the original power of attorney.

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

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15-0755

How to Protect Elders from Frigid Winter Weather by [Anne-Marie Botek](#)

Chilling temperatures and treacherous snow and ice can pose serious problems for seniors and their caregivers during the winter months. Consider using the following pointers to adapt your loved one's care plan, minimize health risks and ensure you're prepared for whatever Old Man Winter may bring your way:



Hypothermia — Each year, half of Americans who die from hypothermia are at least 65 years old. Older individuals are particularly susceptible to cold weather because they have less body fat, less efficient circulation and a slower metabolism. A senior can even become hypothermic while indoors, so the thermostat should never be set below 65 degrees for a person who is 75 or older. Make sure your loved one is warmly dressed when inside the house as well as outside. If an aging loved one is struggling to pay their heating bills or needs financial assistance to weatherize their home this winter, consider helping them apply for the Low-Income Home Energy Assistance Program (LIHEAP). LIHEAP is a federally funded assistance program that helps low-income families stay warm during winter and cool during summer.

Dehydration — Seniors are especially prone to dehydration because they tend to eat and drink less than younger people, thus they consume less water. In general, people also feel less thirsty during the winter and are more prone to not drinking as much as they should. Make sure your elderly loved one is drinking consistently. Monitoring their water intake can be an easy way to guarantee they are getting enough fluids.



Ice and Snow — Sidewalks slick with ice and snow pose a serious falling hazard for an elderly person. Make sure that your loved one's porch, driveway, sidewalk, etc. have been thoroughly salted and shoveled. If they are at all unsteady on their feet, it's best to have someone else handle these tasks, like a neighbor or an outside service. To maximize a senior's stability, be sure that they have well-fitting shoes with non-slip soles and new treads on any mobility aids that they use.

Disaster Kits — Winter storms can be fierce enough to knock down power lines and confine seniors to their homes. It is essential to make sure your loved one is equipped with a disaster kit to help them get through these times. Each kit should include enough nonperishable food and water for several days (at least 3 gallons of water per person per day), a can opener, a few days' worth of any necessary medication, a flashlight, a battery-powered radio, extra batteries, and first-aid essentials.

Space Heaters — While these devices can provide much-needed warmth during the colder months, precautions must be taken so these sources of heat don't become health hazards. If the senior uses a gas-powered heater or generator, make sure there is a functional carbon monoxide detector in their home. If they use electric heaters, inspect all power cords for fraying and get rid of any damaged devices. Keep all heaters away from flammable materials, such as cloth and paper, and make sure to regularly test and replace new batteries in all smoke detectors and carbon monoxide detectors.



Clothing — Mittens, scarves, sweaters, hats and coats are a few must-have articles of clothing for seniors living in colder climates. Even when an elderly person is indoors, they should be dressed in warm, comfortable layers, so they can take items off if they are too hot or put more on if they are too cold.



Electric Blankets — Electric blankets can keep seniors toasty, but they must be used very carefully to avoid burns, electric shocks and even fires. If a senior owns an electric blanket or mattress pad that is more than a few years old, it may be time to replace it. The coils inside the blanket as well as the power cords and controls can get damaged over time, increasing the risk of accident or injury. Look for a model that has an automatic shutoff feature and be sure to use and store electric blankets responsibly.



Source: AgingCare online Newsletter

Did You Know?

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



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



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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.



Roscommon County Food Pantry

(formerly Project Hope) is open:

Monday, Tuesday, Wednesday

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

Thursday

4:00-6:00 p.m.

Friday, Saturday, Sunday

CLOSED



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

Commodity Supplemental Food Program—Held

every month for seniors age 60 and over.

St. Helen / Roscommon Centers — 3rd Wednesday

Houghton Lake Center — 3rd Thursday

Call 1/800-443-2297 for more information



Alzheimer's Support Group

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



**RCCOA
Gift Shop
Houghton Lake
Center**

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!

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

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



Thank you for your continued support!



Telephone Reassurance

What is Telephone Reassurance?

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



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.



VETERANS:

WE ARE HERE TO ASSIST!

The **Roscommon County Department of Veterans Affairs** will be at the **Houghton Lake Center Tuesdays** from

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

AND THE WINNERS

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



- | | |
|---------------|----------------|
| Houghton Lake | Sally Lytle |
| Roscommon | Sharon Serviss |
| St. Helen | Toni Lasecki |

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

Houghton Lake Center News

Hello Everybody!

Our move is complete, and our scheduling is almost back to normal. Thank you to everyone for your patience and understanding during our transition. Ready for more good news? The days are getting longer, and we are over the hump. Let's stay warm and try to enjoy the rest of our winter.

I have received a lot of questions and concerns regarding activities and services available at The Center. I am happy to let everyone know there have been no disruptions or cancellation of services. In fact, all the recent changes are to expand our services to meet the growing need in our community. We are currently adding activities at the Houghton Lake Center and streamline administrative office responsibilities. The addition of **The Serenity Day Lodge** promises to fill an important need in Roscommon County. This is exciting stuff for us and I am proud to be part of it. Thank you all for supporting our mission!

I recently learned of an organization started in high schools called **"No one eats alone"**. I love this concept and thought we could incorporate it here at our Center and in our community. We have allocated Friday, February 15, as **"No one eats alone day"** at the Houghton Lake Center. You can get involved in a very simple way. If you know of someone who eats alone or you believe they may, invite them to come to The Center with you and receive a **free meal**. If they are new to The Center and 60 or older, we will be happy to cover their meal and yours! If you have been thinking about giving The Center a try, this would be a great opportunity to enjoy a hot, delicious meal on us, meet some new friends and find out what the buzz is all about. If you are out there eating alone and don't like it, do something about it—come on in!

It makes me sad to see someone eating alone in public. I'm sure some prefer dining alone, but I know how I feel when it's me (everyone's looking at me). I have developed a new habit when out to eat, if I see someone eating alone, I invite them to my table. I am happily surprised at how many people have accepted the invitation. Even when turned down it was with grace and appreciation and resulted in a good conversation. I implore everyone to have the courage to make somebody's day...and maybe their own. Let's look out for one another and make it our collective mission to make sure **"No one eats alone."**

Come on in this month to check out all the February happenings. Don't miss our Valentines Day celebration, Trooper Cobalt's Phone scam tips, monthly bake sale and many other events. How about some line dancing classes on Mondays to get ready for a Valentines Day night on the town? Happy Valentines Day all you amorous lovebirds and seekers of such!

A quote on eating alone: **"Sadder than destitution, sadder than a beggar is the man who eats alone in public. Nothing more contradicts the laws of man or beast, for animals always do each other the honor of sharing or disputing each other's food."** ~Jean

Baudrillard
See You Soon!



Doug Ellsworth

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



DAILY ACTIVITIES

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

Roscommon Center News

Hi and welcome February.

Our Christmas Party was very nice. Though the weather tried to keep us out, we had a good turnout for our New Year's Eve Party. Thanks to everyone who came and participated in both. Congrats to our Mr. P winner for January is Sharon Serviss.



For the New Year we are doing **Chair Yoga**. It meets every **Thursday at 10:00 a.m.** This free class gives you the experience of classic yoga, even if you have mobility issues and is open to everyone in the community. Bring a hand towel and wear comfy clothes for the class. Then plan on staying for lunch after the class. Please remember we have Monday and Wednesday exercise at 10:30 a.m. also.

For this month I would like to push our monthly card Party. This is the second Saturday of every month. February and March's date is the 9th. We do a potluck, play cards, board games and pool. Everyone always has lots of fun. And best of all, it's free! Everyone is welcome to come.

Thursday, February 7, is *Send a Card to a Friend* day. Everyone who wants to participate needs to bring a card or two with them that day and after lunch we will get them ready to send out. Even if you can't be here to participate, you could do this on your own at home. Friday, February 8, we will hold a *Who can Tell the Funniest Joke* contest. The winner will receive \$10.00. The winner will be determined by those in attendance. Friday the 15th we will have a brownie contest during bingo. If you would like to participate but cannot be here during bingo (10:00 a.m.-12 Noon), please let me know. I will see if I can make some other arrangements for you. Also, on the 15th we will have a heart contest. The week of February 18-22 will be *A Match Your Pet to the Owner* contest. Bring in pictures of a current pet or one you had in the past. Deadline to submit your pictures is February 15. I will post them along with names to see who can make the most matches.

Trivia for February: Maine, Michigan, and Minnesota all claim to be the birth place of this person. There is a 31-foot high statue replica of this person. Although made popular in the novel "It", the Elitist in one of its hometowns still look down on this person. 2-12-2084 a time capsule in its honor will be opened.

Keep on Smiling!

Johnna Ancel

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

Daily Activities

Mon:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 12:30 p.m. Cards, Pool
Tues:	10:00 a.m. Bountiful Bingo 12:45 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 12:45 p.m. Euchre
Fri:	10:00 a.m. Penny Bingo 1:00 p.m. Pool, Wii Bowling

St. Helen Center News

We have been experiencing real Northern Michigan weather so far this new year. Hope all have been keeping safe and warm. This is a good time to review the Center Closing Policy! When Roscommon Schools are closed due to weather, the St. Helen Center will be closed. This means the Center is closed for everyone's safety and "Meals-on-Wheels" WILL NOT BE delivered. Please watch your local TV Station for School Closings. THANK YOU!



We have been making some changes at our Center over the holidays. Stop in and have a look. We always enjoy meeting new people and adding new activities.

Come in and bring your sweetie or a good friend for our Valentine's Day Party on the 14th at 11:00 a.m. A special Valentine's Day lunch will be served. We will play some fun games and award prizes.

We have a wonderful lending library. Come in and drop off your already read books and pick up some new ones for your reading enjoyment.

We are still looking for additional Cribbage players on Thursday mornings. We now have about 4 people participating. Also, Bunco will be available at this time. Come, join us. The men are still looking for people to play pool at 10:30 on Thursday mornings. Our Chair Yoga class meets Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m. This group is also growing but there is still room for you.

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

Stop in for Penny Bingo on Tuesdays at 10:00 a.m. We have a good time, plus the proceeds go to our "MOW" program. Stay for lunch and join the rest for regular bingo group.

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



Varlya 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 1:00 p.m. Caregiver Support Group — RCCOA offices, Short Drive (pg 4)
5 10:00 a.m. **Blood** Drive (pg 4) Houghton Lake
6 11:15 a.m. Lighthouse of Roscommon B.P.C.
9 National Pizza Day — will celebrate February 8 with pizza for lunch
14 11:00 a.m. Valentine's Day Party
12:00 Noon Valentine's Day Lunch
18 **PRESIDENTS DAY — CLOSED**
19 11:30 a.m. Intelicare B.P.C.
20 1:00 p.m. RCCOA Board Meeting—RCCOA offices, 1015 Short Drive, Suite A, Prudenville
27 11:15 a.m. Senior Advisory Meeting
28 12:00 Noon **Birthday Party**

Monthly Center Activities — February

Houghton Lake

- 1 10:00 a.m. **Friday Coffee Clutch**
- 4 1:00 p.m. Caregiver Support Group—
RCCOA Offices Short Drive (pg 4)
- 5 10:00 a.m.-3:00 p.m. **Blood Drive** (pg 4) 🩸
- 9 National Pizza Day — will celebrate on
February 8 with pizza for lunch
- 13 1:00 p.m. Alzheimer's Support Group
with Stacey Allen from Munson
- 14 11:00 a.m.-1:00 p.m. **Ask the Banker** with
Sandy Egbers, Chemical Bank
12:00 Noon **Valentine's Day Lunch** ❤️
- 15 **"No one eats alone day"** — Invite
someone to join you for lunch at the
Center
- 18 **Presidents Day — Closed**
- 20 1:00 p.m. RCCOA Board Meeting, 1015
Short Drive, Suite A
- 26 10:00 a.m.-1:00 p.m. Hearing Clinic with
Lynn from Miracle Ear
- 27 1:00 p.m. *Just the Two of Us* music
- 28 11:30 a.m. Phone Scams with Trooper
Cobalt
12:00 Noon **BirthDay Celebration**

Roscommon

- 1 Wear **Red** Day
- 4 1:00 p.m. Caregiver Support Group — RCCOA
Offices, 1015 Short Drive, Suite A (pg 4)
- 5 10:00 a.m.-3:00 p.m. **Blood Drive** (pg 4)
Houghton Lake 🩸
11:30 a.m. BPC with Marie from Intelicare
- 7 12:45 p.m. Send a Card to a Friend
- 8 Who Can Tell the Funniest Joke contest
- 9 National Pizza Day — will celebrate on
February 8 with pizza for lunch
1:00 p.m. Monthly Card Party/potluck
- 14 12:00 Noon **Valentine's Day Lunch** ❤️
- 15 How Many Hearts Contest
Pictuers due in for Pet/Owner Contest
- 18 **Presidents Day — Closed** ❤️
- 18-22 Match the Pet with the Owner
contest
- 20 1:00 p.m. RCCOA Board Meeting, 1015
Short Drive, Suite A
- 21 National Sticky Bun Day — Check at center
for more info
- 28 12:00 Noon **BirthDay Celebration**

Winterfest 2019 Chili Cook-Off



St. Helen Center Cook, **Andy Tapia** will be representing the RCCOA at this event. Andy has already taken home the trophy after beating the other 2 centers in our chili cookoff this past March. He went on to take first place at St. Helen's Trunk or Treat. Now it's time to show off at Winterfest. The chili will be ready to sample **Saturday, February 16** at the Ralph A. MacMullan Center. Let's show him our support by being there. This event concludes at 1:00 p.m.

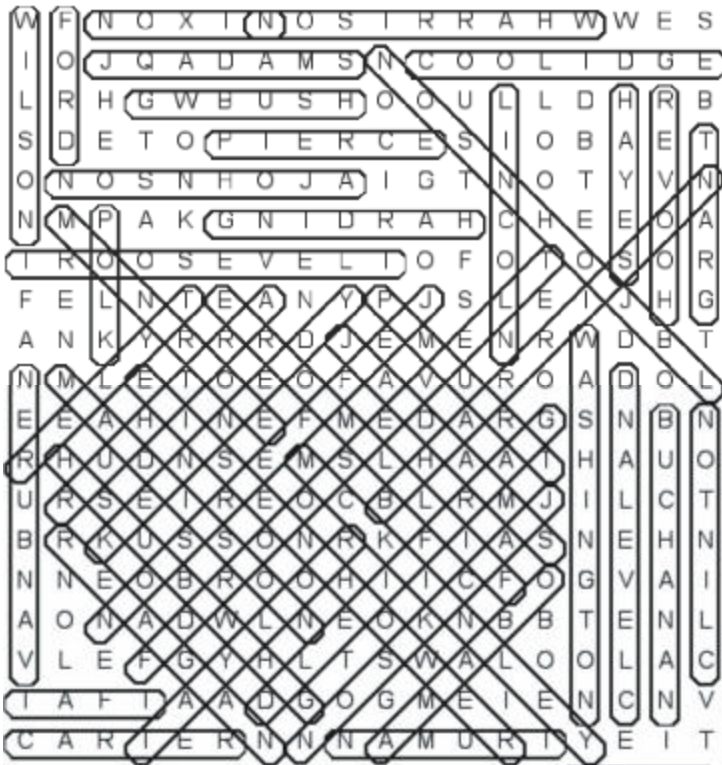
Good Luck Andy!



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

Monday, February 18

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

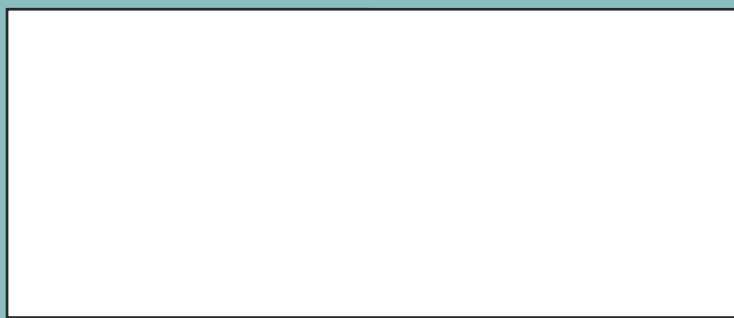


The hidden message is: We should be too big to take offense and too noble to give it.



HOW WE SERVED YOU DURING December 2018

Meals-on-Wheels Delivered:	7846
Meals Served at Centers:	1767
Homemaking Service Hours:	601
Personal Care Hours:	233
Respite Care Hours:	328



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ROSCOMMON COUNTY VITA PROGRAM



What to bring checklist

- Social Security cards for all dependents or Individual Taxpayer Identification Number (ITIN)
- Photo ID
- Birth dates for all dependents
- W2's for wages
- Statement from DHHS
- Consumers Energy or DTE bill (showing amount paid in 2018)
- Property tax bill or proof of rent paid
- Landlord's name & address
- 1099's for interest or other payments received
- 1099 pension income (if retired)
- SSA 1099 for Social Security Income
- Last year's tax returns
- Total amount paid in daycare
- Daycare providers tax identification number
- Divorce/alimony documents
- Form 1095 as proof of insurance
- Bank routing and account numbers for direct deposit

Appointment: _____

Volunteer Income Tax Assistance (VITA) Program

The Volunteer Income Tax Assistance (VITA) program offers free tax help to people who generally make \$54,000 or less, persons with disabilities and limited English speaking taxpayers who need assistance in preparing their own tax returns. IRS-certified volunteers provide **free basic income tax return** preparation with electronic filing to qualified individuals.

Roscommon County Commission on Aging is partnering with United Way to provide free tax help to those who qualify.

*Free tax prep for low-to-moderate taxpayers is by appointment only. Trained volunteers will prepare simple tax forms at the Roscommon County Commission on Aging Administrative Offices, 1015 Short Drive, Suite A, Prudenville, from **February 19 - April 11, 2019. We will begin taking appointments the week of February 4th.***

FOR AN APPOINTMENT AND TO SEE IF YOU QUALIFY FOR THIS FREE SERVICE, CALL: 989.366.0205

Roscommon County VITA Program uses IRS-EITC income guidelines to determine a taxpayer's eligibility for free tax preparation.



Weather Policy: In case of inclement weather and when schools are closed, RCCOA offices will be closed.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

Biloxi & New Orleans



Incredible Price Includes:

- ❖ Motorcoach transportation
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Free time in French Quarter of New Orleans



\$755*

9 DAYS 8 NIGHTS

Per person, Double Occupancy

(Sat—Sun)

February 9-17, 2019

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



Mardi Gras World Tour

FOR INFORMATION & RESERVATIONS CONTACT: Debra Looney, 989.366.0205



Beautiful Gulf Coast

Full payment due upon signing. *Price per person, based on double occupancy. Add \$345 for single occupancy.

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:

- **FREE**
- RCCOA Offices, 1015 Short Drive, Suite A, Prudenville
- **9:30—11:30 a.m.**
- Twice weekly (Tuesdays and Thursdays) for four weeks—starts **Tuesday, April 2**, goes through **Thursday, April 25**

Cancer Support Group will begin meeting:

3rd Wednesday of the month

1:00 p.m.

Houghton Lake Center



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



Caring for a Loved One with Alzheimer’s or Dementia?

Help is Only a Phone Call Away!

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

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

YOU WILL GAIN INFORMATION AND TOOLS IN 4 MAIN AREAS:

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

YOU WILL LEARN STRATEGIES TO:

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

THE CLASS:

- **FREE**
- **Once** a week for **6 weeks**
- 9:30-11:30 a.m.
- Begins **Thursday, February 7, 2019**
- RCCOA Offices, 1015 Short Drive, Suite A, Prudenville
- Last day of class is **Thursday, March 14**

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

Menu

FEBRUARY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				1 Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread
4 Chicken & Broccoli Casserole Green Peas Fruited Gelatin Honey Wheat Roll	5 Beef/Bean Burrito Lettuce, Tomato, Cheese & Sour Cream Burrito Sauce Black Beans & Corn	6 Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread	7 BBQ Chicken Scalloped Potatoes Beets Cornbread	8 Pizza Calzone w/ Dipping Sauce Tossed Salad w/ Tomato Spiced Applesauce
11 Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple	12 Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	13 Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread	 14 Smothered Sirloin w/ Mushrooms / Onions Country Mashed Potato w/gravy Harvard Beets / Salad Chocolate Mousse Dinner Roll 	15 Salmon Patty Brown Rice Green Peas Fresh Orange Wheat Bread
18 CLOSED 	19 Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread	20 Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll	21 Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread	22 Tuna & Noodles Garlic & Herb Broccoli Fruited Gelatin Wheat Bread
25 Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread	26 Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/Tomato Honey Wheat Roll	27 Maple Glazed Fish Oven Roasted Potatoes Carrots Banana	28 Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll Birthday Party	

All Meals Served with Milk

Menu Subject to Change

Suggested Donation
60+ (or younger Spouse): \$2.50

COA Trips



Bussin' Beauties

Kirtland Community
College—Cosmetology

Leave: Houghton Lake Center
Tuesday, February 19
11:30 a.m.

Please eat before leaving the Center

Leave: Roscommon Center
Wednesday, February 20
11:45 a.m.

3 treatments and ride to the college
All for \$10.50 — Limit 6 people

This trip is open to both men and women.



Casino Trips



Soaring Eagle Casino, Mt. Pleasant
Tuesday, February 12, 2019

Leave: Houghton Lake Center 9:30 a.m.

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher, \$20 comp play. Buffet, buy 1 get 1 free

Saganing Eagles Landing, Standish
Wednesday, February 27, 2019

Leave: Houghton Lake Center 9:30 a.m.

Pickup at Roscommon and St. Helen available

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher (guests 55+ \$5.55 lunch special), \$10 comp play, earn 100 points, get another \$10. Hourly drawings!

Call today. Anyone from any center and the community is welcome to go on all of our trips.



Simply Sinatra with Tommy Vale

Thursday, April 18

Houghton Lake Center

Doors open: 4:45 p.m.

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

Show: 6:00 p.m.

Cost: \$20 per person

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

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

Call Debra at the number below for tickets.



Overnight get-away
Sunday & Monday
March 17-18, 2019

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

Cost: \$80 per person (dbl occp)

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

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

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

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