



NEWS

“Informing,
Educating,
&
Caring”

Commission on Aging

www.rccoa.net

January 2019

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Prudenville, MI 48651
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**All Centers are open
9:00 a.m.-3:00 p.m.
Monday through Friday.
Lunch is served at noon.**



The Roscommon County Commission on Aging's Administrative offices and In-Home Service offices (formerly located in the Houghton Lake Center) have moved to our new location (the old Health Department). We share the space with our new Adult Day Service known as **Serenity Day Lodge**. The Houghton Lake Center with all of their activities continues to operate out of 2625 S. Townline Road, Houghton Lake.

Our new address is 1015 Short Drive, Suite A, Prudenville. Our hours of operation are 8:00 a.m.—4:00 p.m. Monday through Friday. Phone numbers are the same.

Read the director's column on page 2 for the scoop! Check the local media for an upcoming open house for **The Lodge** and the RCCOA offices.

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, January 16, 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 relays his thanks in counting snowflakes with him. They were such fun to watch...and so relaxing. He hopes you were able to find some time to relax during last month's busy holiday season. Now a new year has begun—2019, can you believe it? Time goes so quickly! Who would have thought?! He was so excited to hear that the RCCOA administrative and In-Home Service offices have finally been able to make their move to the new building at 1015 Short Drive...and that the **Serenity Day Lodge** will soon be opening for caregivers to use for much needed respites. He's going to keep watch for when the Open House will be so he can check out the new facilities. In the meantime Mrs. P just reminded him that they have two granddaughters who have birthdays in January. She found these really cute stuffed penguins that she thought the girls would like. But the problem is that she brought them home and put them away...and now she can't remember where she put them. Mr. P has been helping her look but hasn't had any luck either. He was wondering if you could help them. The penguins are wearing blue hats and blue striped scarves. They are so cute. Anyway, when you find them, let your Center Manager know where they are so she/he can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Wednesday, January 9**. Deadline to enter is **Tuesday, January 8, 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.



From the Director...

Well, Happy New Year! I hope you all had a great holiday season! Mine was hectic, busy, crazy, emotional... in short, GREAT!



WE'VE
MOVED!

If all has gone as planned, the Commission on Aging offices have moved to our new home at 1015 Short Dr and we are getting settled in. It's been a long process and we aren't done yet. The **Serenity Day Lodge** has yet to open. We are getting closer by the day though, and I can assure you it is going to be beautiful. We will be ready to care for our guests as their care providers receive respite opportunities! Please hang on...we will be up and running very soon. Stay tuned to local media for further updates and open house details!

As we begin the new year, I am focused on bettering the agency in order to continue to serve the older population of Roscommon County. Some things to expect:

1. Opening of **Serenity Day Lodge**
2. Painting interior of St. Helen Center
3. Parking lot paving at St. Helen & Roscommon
4. Updating exterior of St. Helen & Roscommon
5. Completing walking path at Houghton Lake

As always, wishing you the best!

Tom



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.

Everybody's all tore up
about "Baby It's Cold
Outside"...not a word
about Grandma getting
run over by a reindeer.
#grandmamatterstoo 🤪

THANK YOU



To the Houghton Lake Center Pool League for their generous donation to the "Meals-on-Wheels" program!

Walk like a Penguin!

When things get cold and icy,
And your path looks kind of dicey,
Waddle on!

Keep your toes all pointed out-y,
Keep your knees all loosey-goosey,
Waddle on!

Keep your hands outside your pockets,
Take short steps so you won't rocket,
Waddle on!

Take it slowly. Holey-moley,
So you won't fall down and roll-y,
Waddle on!

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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, January 7

Monday, January 21

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.





HAPPY NEW YEAR



S E I B A B N E W Y E A R S E V E Y
 G C H A M P A G N E T Y I M N S T T
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 S R E Z I T E P P A Y F R I E N D S



APPETIZERS
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 BALLOONS
 BANNERS
 BUFFET
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 CHAMPAGNE
 CONFETTI
 DANCE
 DAY ONE

DECORATIONS
 END OF DECEMBER
 EVENTS
 FAMILY
 FATHER TIME
 FEAST
 FESTIVITIES
 FIREWORKS
 FIRST OF JANUARY
 FRIENDS

HATS
 HOLIDAY
 HORNS
 KISS
 MIDNIGHT
 MUSIC
 NEW YEARS DAY
 NEW YEARS EVE
 NOISEMAKERS
 OCCASION

PARADES
 PARTY
 PUNCH
 RESOLUTIONS
 SINGING
 STREAMERS
 THIRTY FIRST
 TIARAS
 WINE
 YEAR IN REVIEW



Find and circle all of the words hidden in the grid. The remaining letters spell the name of a popular location for celebrating New Year's Eve.



Your emergency preparedness stockpile:

What you need to know

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

Many of us are paralyzed by the task of home emergency planning. It's hard to plan for the unknown. Stockpiling food and water is like buying insurance. Your household may never face a devastating tornado, flood, storm, earthquake or even disease outbreak, but if you are without electricity, refrigeration, clean tap water or phone service for days or weeks, an emergency stockpile is important.



All Americans should have at least a three-day supply of food and water stored in their homes, with at least one gallon of water per person per day. You will need extra water for your pets, too. If you have space, experts recommend a week's supply of food and water. Choose foods that don't require refrigeration and are not high in salt. Your stockpile should also contain flashlights, a manual can opener, a radio, batteries and copies of important documents. Also include hand sanitizer and moist towelettes. Depending on your family's needs, you may also need medical supplies, pet food, contact lens solution or diapers.

Make an emergency stockpile checklist. The list may seem daunting at first, you'll likely find that you already own a lot of the items you'll want in your kit. Start the process by pulling together items that you have on hand at home.

If it's too expensive for you to buy everything for your stockpile at once, pick up one or two items every time you go to the grocery store.

It's best to store your stockpile somewhere that is easy to access during an emergency. A cool, dark place is ideal. Be sure not to store your food close to solvents or cleaners that can leak or transfer fumes, or in an area of the house that is at risk for flooding.

Keep your supplies together in a box or plastic bin that can be kept tightly closed to protect contents from humidity or pests. It's also handy to keep all your supplies together in case you have to evacuate quickly.



Invest in these foods. Eating from your stockpile can get boring. Get foods that are nutritionally dense, provide a lot of food value, are tasty and require no cooking. Make sure to include foods that you like to eat. Remember to pack a hand can opener. Include these foods: peanut butter, jelly, crackers, nuts/trail mix, granola bars, canned meats (tuna, chicken, Vienna sausages), canned fruits and vegetables, canned or boxed milk and juice, protein drinks, dry cereal, canned spaghetti, candy bars, cookies, and hard candy.

Set a goal of storing at least two weeks' worth of water. Unopened commercially bottled water is the safest and most reliable emergency water supply. If you use store bought water, check expiration dates and replace regularly. Replace water you have stored yourself every six months. Keep a bottle of unscented liquid chlorine bleach with your water supply for cleaning and sanitizing and disinfecting water.

How often do I need to refresh or rotate my stockpile? It's best to check your emergency foods once or twice a year. When its time to change your clocks for daylight savings time, take a look at your emergency foods. Discard anything that has expired or is leaking or damaged. Place the newer items in the back of your stockpile and rotate older items to the front. You can even use stickers to mark the dates when you added supplies to your stockpile.

Veterans, Active Duty, Active Reserve Members

Veterans Assistance Package available

Chicken-N-Potatoes

January 17, 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



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.

Autumnwood of McBain...

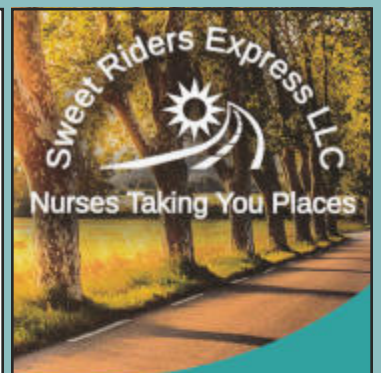


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Important Legal Documents for Emergency Preparedness

One of the things many people forget about is the important documents they need in the event of an evacuation. If you suddenly have to leave your home and only have time to grab your disaster kit and run, you will want to make sure it has the right documents to keep you on track.

Do you have all of the documents your family will need should you have to set up residence somewhere else temporarily? Here are some you will want to have:

- **Birth certificates.** Copies are fine, but have your birth certificates in the disaster kit to ensure you can prove who you are and where you are a citizen.
- **Marriage and divorce papers.** These prove the material status of the head of household.
- **Adoption papers.** If you have adopted a child, these are important to prove that the child is part of your family.
- **Social Security cards.** Getting a copy of your Social Security card takes time and may not be simple if your area is devastated in a natural disaster. Keep copies of the cards for all members of your household.
- **Passport and driver's license.** If you have a passport make a copy of it, along with copies of all drivers licenses.
- **Photographs of family and pets.** Keep a recent photograph of all family members and pets so you can help find each other if you are separated.
- **Pet microchip numbers.** If you have pets that are microchipped, keep a copy of the microchip tag number.

Why are copies of these documents crucial? If you are involved in a natural disaster or fire that is bad enough to destroy your home, all of these important documents will be destroyed along with your home. Having a copy will help you be ahead of the curve as you get reestablished somewhere else.

Financial Documents

- **Tax information.** Make a copy of last year's tax returns, so you can prove your income should you need to. Should you need to apply for assistance based on your income during your recovery period, you will need this information.
- **Financial account numbers.** Have copies from all bank or credit union accounts, so you have access to account numbers. Make copies of credit or debit cards statements, too.
- **Insurance information.** Make copies of all insurance policies you have, including life, car, homeowners and health insurance. This will ensure you get coverage if you file a claim.
- **Information about bill and obligations.** If you have obligations, like mortgages, utility bills and loans, that you need to pay monthly, make a copy of the bill or statement. This will ensure that you can access your account or the contact information to keep current with your payments. Remember, being in a disaster does not mean you can just stop paying your bills.

Also, keep all your medical insurance information, immunization records, and allergy information handy. Keep a medication list for everyone in your family, dosages and the doctor who prescribed them. Don't forget to list your pets medications, too.

In a serious emergency, there's a good chance that someone other than your regular doctor will be taking care of your medical needs.

Keep this information in a binder that you can grab in a hurry, and keep the binder in a secure place. Store these documents near your other disaster prep supplies, so you don't forget them when a disaster strikes. Or even consider a fire-proof box to keep all of these documents in.



Sources: American Public Health Association, www.moneytalknews.com, www.justgreatlawyers.com

Center / COA ACTIVITIES & NEWS



Glitter Jar

Houghton Lake Center
Monday, January 14
10:30 a.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 15 people**.

Call 366-0205 today to reserve your spot. This event is sponsored by RSVP of Northeast Michigan.



RCCOA HOLIDAY RAFFLE

And the winner is.....

Hele Pearsall

Special thanks goes to Maddie Hiller for her donation of the bear.

The proceeds from the raffle go to subsidize various COA programs.

Thank you for your continued support!

Happy New Year!



2018 Income Tax Returns

Check the February Newsletter for information on Income Tax Return Preparation for 2018. The RCCOA will be partnering with United Way and participating in the VITA (Volunteer Income Tax Assistance) Program again this year.



Houghton Lake Center BAKE SALE

Tuesday, January 15
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, January 10, 2019

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

Where: Houghton Lake Center



Don't Make the Mistake of Not Signing up for Medicare Supplemental Coverage

You are turning 65 and enrolling in Medicare, but as a healthy senior do you really need to also sign up for Medicare's supplemental coverage? Not signing up initially can be very costly down the road.



Medicare pays for only about half of all medical costs. To augment Medicare's coverage, you can purchase a supplemental or "Medigap" insurance policy from a private insurer. There are 10 Medigap plans that each offer a different combination of benefits, allowing purchasers to choose the combination that is right for them. In addition, Medicare offers a federally subsidized prescription drug program, in which private health insurers provide limited insurance coverage of prescription drugs to elderly and disabled Medicare recipients.

Purchasing the supplemental coverage means paying more premiums. If you don't go to the doctor very often or have any regular prescriptions, you may not want to sign up for the additional coverage. However, if you get sick, what Medicare doesn't cover can be a lot more costly than the extra premiums. And buying coverage after you get sick can be difficult and expensive.

You cannot be denied a Medigap policy for pre-existing conditions if you apply within six months of enrolling in Medicare Part B. If you don't buy a policy right away, the plan can use medical underwriting to decide whether to accept your application. The plan will look at your age, gender, and pre-existing conditions and can charge you higher premiums, restrict coverage, or even reject your application.

Beneficiaries who enroll in Medicare Advantage plans can't also buy a Medigap policy. But if they chose Medicare Advantage as their first form of insurance and later decide to return to original Medicare, they must select a Medigap policy within the first year of their initial Medicare enrollment or risk being shut out of a policy.

Medicare beneficiaries are also subject to significant financial penalties for late enrollment in the Medicare drug benefit (Medicare Part D). For every month you delay enrollment past the Initial Enrollment Period, the Medicare Part D premium will increase at least 1 percent. For example, if the premium is \$40 a month, and you delay enrollment for 15 months, your premium penalty would be \$6 (1 percent x 15 x \$40 = \$6), meaning that you would pay \$46 a month, not \$40, for coverage that year and an extra \$6 a month each succeeding year.

There are some exceptions built in to both Medigap and Medicare Part D if you did not enroll right away because you had other coverage. But if you choose not to enroll because you think you won't need the plan, it is not easy to change your mind later on.

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

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What we did in 2018

Did You Know?

The Commission on Aging has a lending closet where you can borrow durable medical equipment for a short or long period of time. We even get rascals that could be loaned out. Please call Betty at 366-0205 for more information.



amazon smile
You shop. Amazon gives.



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



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



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

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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 office in the Houghton Lake Center. If you are interested in finding out more information, contact Betty at 989.366.0205 or stop by to see our selection.

The RCCOA also has health resource computers available within 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 | Greg Manor |
| Roscommon | Sherry Geyer |
| St. Helen | Diane Malvitz |

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!

Here we are right smack in the middle of another season of hustle and bustle. I must admit this season came so fast it caught me by surprise this time. Things always seem to be changing and moving forward here



at the Roscommon County Commission on Aging. I like the change and the challenges it brings. I feel it is a great opportunity for all of us to take some real ownership in our center. If you're interested in putting your personal touch and making a positive impact on an already wonderful community, get involved here at the Houghton Lake Center and make it yours. **It's your center: own it!**

November was another busy month at the center and an exciting one for me. I enjoyed a two-week hunting vacation and learned I was going to be a grandfather (again)! I missed my friends while I was gone but it is truly a wonderful feeling to look forward to coming back to work. Thank you for that. If you are one of the multitudes that asked me, "Did you catch a deer?" and I smugly informed you "No, they run too fast" I stand corrected. Apparently at 40 MPH you can catch a deer, and I did, north of Gladwin on a Friday night. All is well.

December was just a blur. We had a ton of educational presentations and scheduled music for every week. Thank you to "The Light-Hearted Quartet", "Just the Two of Us" "Dale Hafer" and "The Patriots Choir" for sharing your gift of music with us. With winter here, we also began a few new card groups. We now have regularly scheduled euchre, pinochle, bridge and cribbage. (Canasta or Spades anyone?)

January is a whole new year and a lot like a whole new center. By the end of this month I'm hoping all the necessary changes are implemented and the dust settled. Make sure you come in this month to see all the changes we are making and hopefully make a few of your own.

Doug Ellsworth

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



DAILY ACTIVITIES

Mon:	8:30 a.m. Exercise 10:00 a.m. Chair Yoga 10:30 a.m. Line Dancing 1:00 p.m. Pool practice, Adult Coloring
Tues:	8:30 a.m. Exercise 10:00 a.m. Chair Volleyball 10:45 a.m. Arthritis Exercise 1:00 p.m. Bingo, Mahjong
Wed:	8:30 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:	8:30 a.m. Exercise 10:00 a.m. Chair Volleyball 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:	8:30 a.m. Exercise 10:00 a.m. Chair Volleyball 12:30 p.m. Quilters

Roscommon Center News

Hi. Welcome to 2019. I wish I could talk to all of you personally to hear your New Year's resolutions. Maybe some of you don't even make them. I usually have the same one or two. I am going to quit swearing. I am going to start being on time, and start exercising. Maybe this year I can try to make one of them work. January brings many new beginnings. Our center would like you to start something new by coming in. If there is something you would like to try, just run it by us and we will give it a go.



Sometimes I feel I forget to tell you all the good stuff. Due to the printing deadlines for the newsletter I must submit my article before some of our events happen. Two such events are our annual Christmas party and Ugly Sweater Contest, so I will have to tell you about them in February. Man, time does fly.

This month we begin CHAIR YOGA on Thursday mornings at 10:30 a.m. If you want to try to keep up your New Year's Resolution and get in shape, please come join us as we exercise Mondays, Wednesdays, and now on Thursdays. Thursday, January 10, we will make snowman hats for table decorations. Bring in a coffee can, ribbon, and whatever you want to decorate his hat with. I'm also in need of big pieces of bubble wrap for a contest later this month.

A big THANK YOU to everyone at the center for all of the holiday gifts and treats. I am so lucky to work with and for so many wonderful people. I wish everyone was as blessed as me.

Congrats to Sharon Serviss on winning our turkey coloring contest. The pictures were truly beautiful. We try to color every Thursday, some say it is as relaxing as an hour of therapy. We would love for you to come try it with us. We will have another contest soon. The winner of Mr. P is Sherry Geyer.

January Trivia: This became popular in the 70s when another character sang about it. The one that is around today is based on the patented one from 1949. The biggest collection of these was recorded in 2011 and contained 5631. Waves of terror were formed when a 54 ft one showed up in Hong Kong.

Have a Sunny Day!

Johnna Ancel

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



Daily Activities

Mon:	10:00 a.m. Walking Video 10:45 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 10:45 a.m. Arthritis Exercise 1:00 p.m. Board Games, Unlucky 7's, Pool
Thurs:	10:30 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

This is wishing everyone a Blessed New Year filled with good health and many wonderful new experiences!! **Please remember all centers and the COA office will be closed December 31, 2018, and January 1, 2019, for New Years.**



Start the New Year out right with activities and fellowship with us. If there are activities you would like to participate in, come in and talk with me. We are always open to new ideas. Please take a look at all our activities and times.

Our Annual Christmas Brunch was held Thursday, December 13. A good group attended the event. The children from Mrs. Tammy Chmielewski of Roscommon School were a great delight and, of course, Mr. & Mrs. Claus were well received.

A big thank you to the ladies at the St. Helen Community Baptist Church for the goody bags for all of our "MOW" clients. Your hard work is very appreciated.

We have a wonderful lending library at our center. So come in and drop off your already read books and pick up some new ones for your reading enjoyment.

If you want to play, we are still looking for Cribbage players on Thursday mornings. We now have about 4 people participating. Also, Bunco is available at this time. Come, join us. The men are still seeking more people to play pool at 10:30 on Thursday mornings. Our Chair Yoga class on Tuesdays at 1:00 p.m. and again on Thursday at 10:00 a.m. is growing but we still have room for more.

Stop in for Penny Bingo on Tuesdays at 10:00 a.m. We have a good time plus the proceeds go to our "Meals-on-Wheels" program. Then join us for lunch and play regular bingo after lunch.

Our December winner of the Mr. P \$10.00 Walmart gift card was Diane Malvitz. Don't forget to look for Mr. P; you never know where he or something of his might be.

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



DAILY ACTIVITIES

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

MONTHLY ACTIVITIES

- 1 **Closed — Happy New Year**
- 2 11:15 a.m. Lighthouse of Roscommon B.P.C.
- 7 1:00 p.m. Caregiver Support Group — RCCOA offices, Short Drive (pg 4)
- 15 11:30 a.m. Intelicare B.P.C.
- 16 1:00 p.m. RCCOA Board Meeting—RCCOA offices, 1015 Short Drive, Suite A, Prudenville
- 17 11:00 a.m. Alzheimer's Association presentation
- 21 1:00 p.m. Caregiver Support Group — RCCOA offices, Short Drive (pg 4)
- 23 11:15 a.m. Senior Advisory Meeting
- 24 12:00 Noon **BirthDay Party**



Monthly Center Activities — January

Houghton Lake

- 1 **Closed — Happy New Year**
- 4 10:00 a.m. **Friday Coffee Clutch**
- 7 1:00 p.m. Caregiver Support Group—RCCOA Offices Short Drive (pg 4)
- 8 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Dori
11:30 a.m. Senior Advisory Board Meeting
- 10 11:00 a.m.-1:00 p.m. **Ask the Banker** with Sandy Egbers, Chemical Bank
- 11 10:00 a.m. **Friday Coffee Clutch**
- 16 1:00 p.m. RCCOA Board Meeting, 1015 Short Drive, Suite A
- 18 10:00 a.m. **Friday Coffee Clutch**
- 21 1:00 p.m. Caregiver Support Group—RCCOA Offices, 1015 Short Drive, Suite A (pg 4)
- 24 11:30 a.m.—12:00 Noon **Birthday Celebration** with Dori from The Lighthouse
- 25 10:00 a.m. **Friday Coffee Clutch**
- 29 10:00 a.m.-1:00 p.m. Hearing Clinic with Lynn from Miracle Ear

Attention

All Hand and Foot Players!

Do you play Hand and Foot...or do you want to learn how to play? Here's your opportunity. Come on in to the Houghton Lake Center Thursday mornings, beginning January 3, from 10 a.m.-12:00 noon. Questions? Give Debra a call, 989.366.0205! Why not stay for lunch after your fun morning.



Roscommon

- 1 **Closed — Happy New Year**
- 3 10:30 a.m. Chair Yoga
- 4 After lunch Fruitcake toss contest—pick a partner, bring a fruitcake
- 7 12:45 p.m. Senior Advisory Meeting
1:00 p.m. Caregiver Support Group — RCCOA Offices, 1015 Short Drive, Suite A (pg 4)
- 8 All day Show and Tell —bring a favorite item and tell us the story about it
12:15-12:45 p.m. BPC with Marie from Intelicare
- 10 10:30 a.m. Chair Yoga; **Color Clutch**
12:30 p.m. Make snowman hats for table decorations
- 12 1:00 p.m. Monthly card/potluck Party
- 16 1:00 p.m. RCCOA Board Meeting, 1015 Short Drive, Suite A
- 17 10:30 a.m. Chair Yoga; **Color Clutch**
- 18 Fun hat day. Bring in microwave popcorn for national popcorn day January 19
- 21 1:00 p.m. Caregiver Support Group—RCCOA Offices, 1015 Short Drive, Suite A (pg 4)
- 24 10:30 a.m. Chair Yoga; **Color Clutch**
12:00 Noon **Birthday Party**
- 25 Wear polka dots
After lunch—Bubble Wrap popping contest

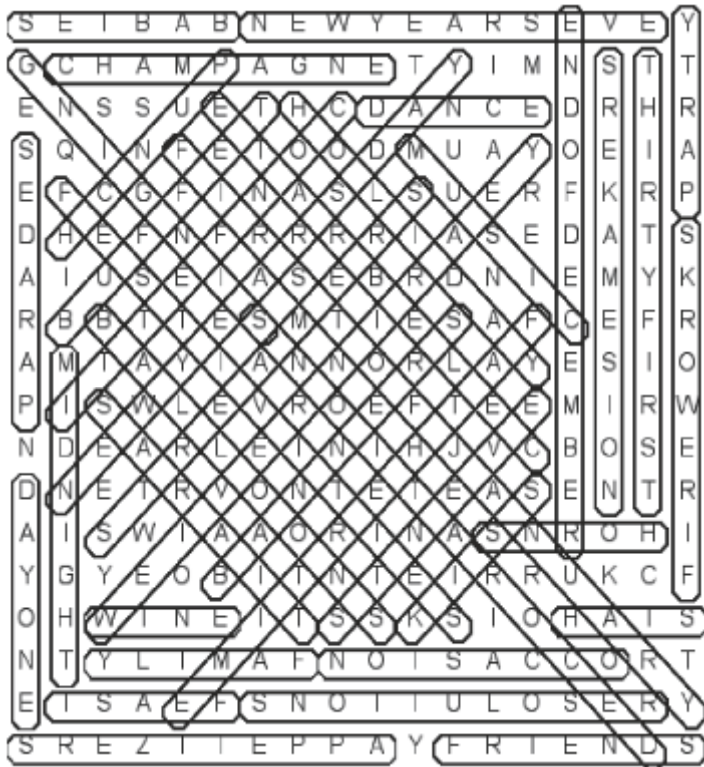


The Roscommon County Commission on Aging and our centers will be **CLOSED**:

Tuesday, January 1

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

Happy New Year

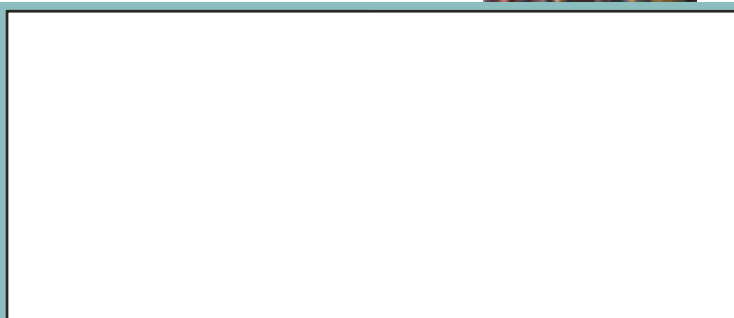


The hidden message is: TIMES SQUARE IN NEW YORK CITY



HOW WE SERVED YOU DURING November 2018

Meals-on-Wheels Delivered:	8163
Meals Served at Centers:	2028
Homemaking Service Hours:	784.25
Personal Care Hours:	253.25
Respite Care Hours:	337.5



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Join our team

- Full Time Position with Benefits
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Dr. Jay C. Jenkins has been providing eye care services in the area for over 25 years
Experienced in the diagnosis and treatment of Diabetic eye diseases, Cataracts, Glaucoma and Macular Degeneration
Full spectrum of low vision services are available

JAY C. JENKINS, O.D. familyeyecaremi.com



Blueberry Pancake Day January 28th

Pancakes have been around for centuries as a favorite staple in cultures' diets. They began over 30,000 years ago during the stone age. Ancient Greek poets wrote about pancakes in their poetry. Shakespeare even mentions them in his plays.

The name "pancake" started during the 15th century but became standard in 19th century America. Previously, they were called Indian cakes, hoe cakes, johnnycakes, journey cakes, buckwheat cakes, griddle cakes or flapjacks. Thomas Jefferson loved them so much he sent a special recipe to his home town from the White House.

What does Blueberry Pancake Day mean? It means: Enjoy a hot pile of pancakes generously covered with blueberries.

The healthy bonus of blueberries is lots of essential elements such as manganese, potassium, iron phosphorus, and vitamins A, B and C. On top of that blueberries have lots of antioxidants. The berry strengthens the cardiovascular system, helps prevent infections and may aid in weight loss.



The most useful antioxidant is anthocyanin which the blueberry has plenty of, more than any other berry. There is an element called glycoside that works like insulin. Glycoside reduces the sugar of blood and rehabilitates the function of the pancreas. The carotenoids improve eyesight, renew the cell of the retina, fix the blood circulation in the eye and night vision. Blueberries have many other health implications.

Think of introducing the yumminess to your everyday diet!



New Medicare Cards Coming Soon!



10 things to know about your new Medicare Card

Medicare is mailing new Medicare cards between April 2018 and April 2019. Here are 10 things you need to know about your new card:

1. **Mailing takes time:** Your card may arrive at a different time than your friends or neighbors.
2. **Destroy your old Medicare card:** Once you get your new Medicare card, destroy your old one and start using your new one right away.
3. **Guard your card:** Only give your new Medicare number to doctors, pharmacists, other health care providers, your insurers, or people you trust to work with Medicare on your behalf.
4. **Your Medicare number is unique:** Your card has a new number, unique to you, instead of your Social Security number.
5. **Your new card is paper:** Paper cards are easier for many providers to use and copy, and they save taxpayers a lot of money. Plus, you can print your own replacement card if need be!
6. **Keep your new card with you:** Carry your new card and show it to your health care providers when you need care.
7. **Your doctor knows it's coming:** Doctors, other health care facilities and providers will ask for your new Medicare card when you need care.
8. **You can find your number:** If you forget your new card, you, your doctor or other health care provider may be able to look up your Medicare number online.
9. **Keep your Medicare Advantage Card:** If you're in a Medicare Advantage Plan (like an HMO or PPO), your Medicare Advantage Plan ID card is your main Medicare card—keep it and use it whenever you need care. But you may be asked to show your new Medicare card, so keep them together.
10. **Help is available:** if you don't get your new card by April 2019, call 1-800-633.4227.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

Biloxi & New Orleans



Incredible Price Includes:

- ❖ Motorcoach transportation
- ❖ 8 nights lodging including 4 consecutive nights at a Casino Hotel on the Mississippi Gulf Coast
- ❖ 14 meals: 8 breakfasts and 6 dinners
- ❖ Spectacular GULF COAST GAMING
- ❖ GUIDED TOUR OF BAY ST. LOUIS
- ❖ A visit to a Second GULF COAST CASINO
- ❖ Admission to MARDI GRAS WORLD
- ❖ Relaxing RIVERBOAT CRUISE on the Mississippi River
- ❖ *and much more*

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.
Final Payment Due: 1/2/2019

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**



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

JANUARY 2019

Monday		Tuesday	Wednesday	Thursday	Friday
31 CLOSED 		1 	2 Swedish Meatballs over Egg Noodles Carrots Spiced Peaches Wheat Bread	3 BBQ Chicken Scalloped Potatoes Beets Cornbread	4 Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread
7 Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple	8 Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll	9 Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread	10 Breaded Pork Cutlet Whipped Sw Potato Green Beans Applesauce Wheat Bread	11 Salmon Patty Brown Rice Green Peas Fresh Orange Wheat Bread	
14 Chicken & Noodles Succotash Diced Pears Honey Wheat Roll	15 Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread	16 Lemon Baked Fish Brown Rice Peas & Carrots Banana Honey Wheat Roll	17 Baked Spaghetti Broccoli Tossed Salad w/ Tomato Red Grapes Wheat Bread	18 Tuna & Noodles Garlic & Herb Broccoli Fruited Gelatin Wheat Bread	
21 Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread	22 Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/Tomato Honey Wheat Roll	23 Maple Glazed Fish Oven Roasted Potatoes Carrots Banana	24 Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll Birthday Party	25 Pork Cutlet Garlic Mashed Potatoes with Brown Gravy Asparagus Berry Applesauce Wheat Bread	
28 Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll	29 Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread	30 Homestyle Veal Mashed Potatoes with Brown Gravy Whole Baby Carrots Fresh Orange Wheat Bread	31 Chicken Marsala Mashed Potatoes Sour Cream & Chives Green Peas Chilled Peaches Wheat Bread		

All Meals Served with Milk

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

Menu Subject to Change

COA Trips



Bussin' Beauties

Kirtland Community
College—Cosmetology

Leave: Houghton Lake Center

Tuesday, January 22, 2019

11:30 a.m.

Please eat before leaving the Center

Leave: Roscommon Center

Tuesday, January 23

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, January 15, 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

Turtle Creek Casino, Traverse City
Thursday, January 24, 2019

Leave: Houghton Lake Center **9:00 a.m.**

Stop at Roscommon **9:30 a.m.**

Cost: \$25.00 per person

Includes: Our bus, \$5.00 food voucher, \$20 comp play.

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



Simply Sinatra

and **Tommy Vale**

Thursday, April 18

Houghton Lake Center Evening Show

More info to follow!

Overnight get-away in March to **Kewadin Casinos** in Sault Ste Marie is being planned. Interested in going? Call Deb immediately for more details and to sign up.



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.