



# NEWS

“Informing,  
Educating,  
&  
Caring”

Commission on Aging

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

July 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.**

## “Meals-on-Wheels”

RCCOA

### Third Annual Car Show Fundraiser

Saturday, August 10, 2019

8:00 a.m.—4:00 p.m.

**Roscommon Fire  
Training Grounds**

290 Ballenger Road  
Roscommon, MI

Come check out  
the classic cars.

“MOW” Meatloaf dinner  
Served 12:00 Noon-1:00 p.m.

Trophies  
Awarded



**Our goal/purpose:** To raise funds for our “Meals-on-Wheels” (MOW) program. Over the last several years we have seen significant growth in this program, indicating that the need is increasing. Lunch that day will be similar to what our participants receive. The meatloaf dinner will include: meatloaf, mashed potatoes with gravy, vegetable and bread & butter with a cookie for dessert. It will be served in a tray, just the way our in-home clients receive it.

Want to show off your car or be a vendor? Auto/Vendor Registration form is on page 12.



### HELP KEEP OUR MEALS ROLLING!

Roscommon County Commission on  
Aging, Inc., Board of Directors’  
**will not** meet in July.

**Enjoy your summer!**

Next meeting is Wednesday, August 21, 2019.

### Our Mission:

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

## Mr. P's Adventures

Mr. P's so grateful for your help in finding the plaque his father gave him years ago—it is one of those sentimental treasures we all have some where in our homes...just saying. Mr. P is so excited about this warmer weather during the day...now if it would just stay a little warmer at night so his tomato plants and cukes would take off in his garden. He's looking forward to that first ripe tomato but right now all he has is blossoms. Looking through the newsletter, wow! So much to do. So many places to go. He's really excited about the trip to Mackinaw Island. Him and his wife went there years and years ago...maybe it's time they go again. He also wants to get Mrs. P to join the new singing group at Houghton Lake. She has such a nice voice and loves to sing. She also loves to play the piano when her arthritis isn't giving her fits. You know how that go. Well, he better get his flag out again for the 4th. We are so blessed with all the freedoms we have. Now where did he put it after Memorial Day...He needs your help in finding it. When you do, let your Center Manager know where it is so she/he can enter you in a drawing for a gift card. The drawing will take place at each center at lunch on **Thursday, July 11**. Deadline to enter is **Wednesday, June 0, 3:00 p.m.** You don't have to be present to win—just make sure the center manager has your phone number so she/he can call you if you won. "Meals-on-Wheels" people, you can participate, too. Call your center manager, give them the answer and they will enter you in the drawing. If you win, your meal drive will deliver the gift card to you.



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

## From the Director...

Well, here we are again. July, the middle of summer. I wonder what's in store for us this month... Weather-wise I couldn't tell ya but agency-wise a lot of change is a brewin'. Before you get too worried, it's good change!



By the end of July the much anticipated parking lot resurfacing in Roscommon and St. Helen should be complete. After this past winter the lots were in very sad shape and I apologize for not temporarily filling the holes but I felt it best to let the asphalt companies see the real condition of the lots as they prepared their bids. It was an expensive endeavor but now we will enjoy 20—30 years of life out of them.

As we approach project time, look to your center managers for information pertaining to the logistics of it all. We are working with the company to minimize the inconvenience. That being said, it may be necessary to redirect the flow of traffic in the lots. It may even be necessary to close the center during the process. The good news, though, is it would only be for a couple of days. I understand the anxiety that is induced by the word "closure" but let me assure you it would only be for a couple days and only if the crew thought it was the safest, quickest way to get the job done.

Thank you in advance for your patience and understanding.

All the Best!

*Tom*





# AARP Smart Driver Course

## Why Take a Driver Safety Course?

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

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

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

Take the AARP Smart Driver Course at

**RCCOA Administrative Offices**

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

**September 24-25, 2019\***

**1:00-5:00 p.m.**

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

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15-0755

## Neurogenic Support Group "Brain Matters"

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

**Wednesday, July 10, 2019**  
**4:30-6:00 p.m.**

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



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

**Here's where and when:**

**Houghton Lake Center**  
**Tuesday, August 27, 2019**

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

**2625 S Townline Road**  
**Houghton Lake**

**Sponsored by the RCCOA**



To make an appointment, call Deb, 989.366.0205  
Michigan Blood is a local nonprofit and their mission is to help people make a life-saving difference through blood products and service excellence.



**Cancer Support Group** will meet:

2nd Friday of the month

10:00 a.m.

Houghton Lake Center

The support group is designed to provide educational, emotional and social support for those touched by cancer. It is led by one of our seniors, Loralie Reinhardt. Questions, call Debra, 989.366.0205.



**VETERANS:**

**WE ARE HERE TO ASSIST!**

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

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

## CAREGIVER SUPPORT GROUP

**Monday, July 8, 2019**

**1:00 p.m.**

**RCCOA Administrative Offices**

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



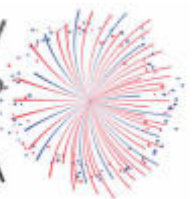
**Caregivers:** Feel alone, stressed out, at your wits end? Need someone to talk to—just to listen...or maybe learn some new ideas of how to cope with caregiving? Come to our caregiver support group. This group is open to all—whether you are caring for a child, a parent, a spouse, or someone else. Interested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



## Telephone Reassurance

*What is Telephone Reassurance?*

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



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 WHITE HOUSE

Find and circle all of the hidden words. The remaining letters spell an Abraham Lincoln quotation.



# Facts About Vitamin D

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

Vitamin D, specifically the form D3, is the only vitamin your body makes itself. It's fat-soluble, which means your body stores vitamin D in its adipose tissue in its fat.

Vitamin D helps the body absorb calcium and phosphorus, increase bone density and reduces the risk of soft, weak bones as well as bone fractures. It also helps with the body's bone development and muscle function, helps keep the immune system healthy, and helps keep insulin, calcium and phosphorus levels in balance.

While vitamin D is all of these things, it might be best known as the sunshine vitamin.

Since 2010, the recommended daily allowance (RDA) of vitamin D falls between 600 and 800 International Unit (IU) per day (based on age), but new research suggests adults may actually need at least 2,000 IU of vitamin D every day to maintain a healthy level in the body and reap the most benefits.



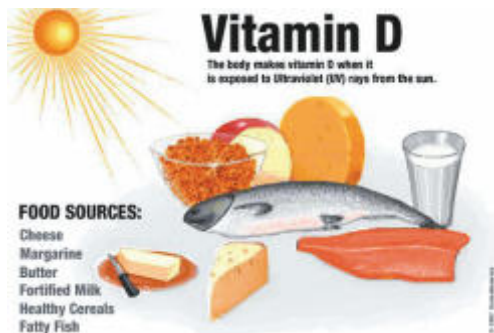
It is estimated that we get or should get more than 90 percent of our vitamin D from casual daily sun exposure. Some studies have found that between five and 30 minutes of sun exposure to your unprotected face, arms, legs or back between the hours of 10 a.m. and 3p.m. two to three times every week is enough for your body to produce all the D3 it needs.

However, several factors affect how well the body makes vitamin D after the skin is exposed to sunlight . For example, people in the northern United States make less Vitamin D than those in the South especially in the winter when the sun is lower in the sky. In general, the following people may be at risk for vitamin D deficiency: Older people, persons with dark skin, people who are obese or have kidney or liver disease and people who do not get enough direct sun exposure.

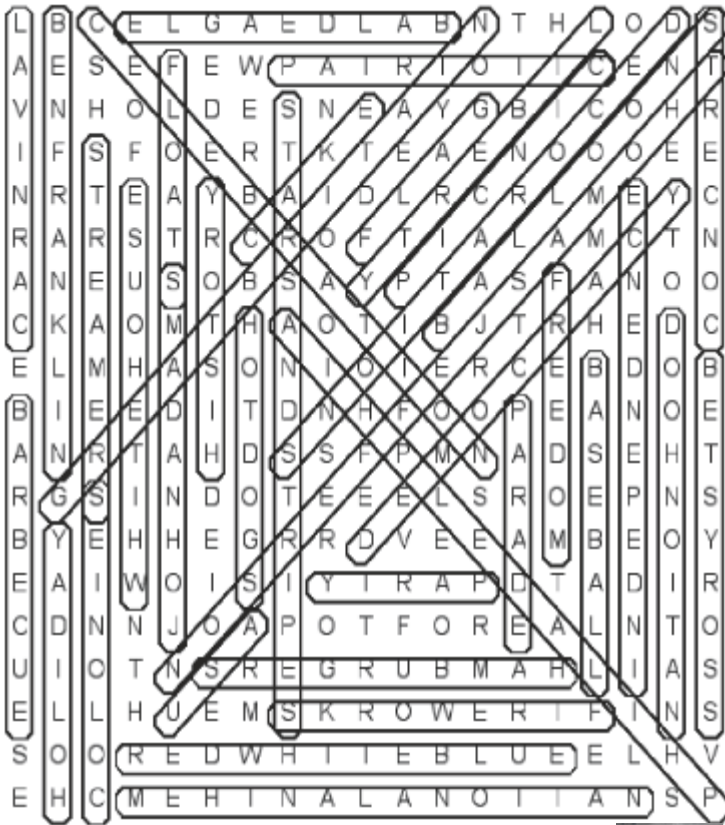
How do we get enough vitamin D? Very few foods naturally have vitamin D. Fortified foods provide most of the vitamin D in our diets.

- Seafood including fish, oysters and shrimp and salmon, including the canned variety tops all other foods for naturally occurring vitamin D. Cod, halibut, sardines and tuna are other great sources.
- Beef liver, cheese especially Cheddar, parmesan and Swiss, and egg yolks provide small amounts.
- Mushrooms provide some vitamin D. In some mushrooms that are newly available in stores, the vitamin D content is being boosted by exposing these mushrooms to ultraviolet light.
- Almost all of the U.S. milk supply is fortified with 400 IU of vitamin D per quart. But foods made from milk, like cheese and ice cream are usually not fortified.
- Vitamin D is added to many breakfast cereals and to some brands of orange juice, yogurt, margarine, and soy beverages.


Supplements are also a great way to consume your daily vitamin requirements. Taking a supplement that contains 400 to 1,000 IU of vitamin D each day, in conjunction with eating nutrient rich foods will help to reach your daily target.



Source: University of Florida Extension



## HOW WE SERVED YOU DURING MAY 2019



Meals-on-Wheels Delivered:	8,187
Meals Served at Centers:	2,292
Homemaking Service Hours:	823
Personal Care Hours:	235
Respite Care Hours:	322
Serenity Day Lodge Hours:	448

The hidden quote is: **THOSE WHO DENY FREEDOM TO OTHERS, DESERVE IT NOT FOR THEMSELVES.**



### Autumnwood of McBain...

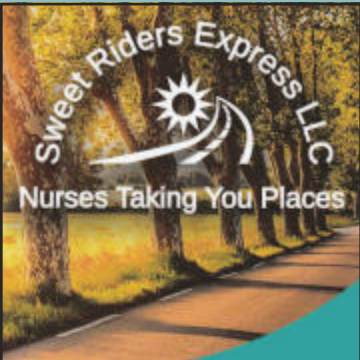


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Monday, August 19, 2019

# Elder Abuse Prevention Conference

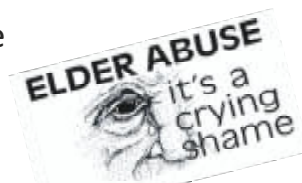
Please join us for an informative day that will help you be prepared when times and questions regarding elder abuse arise in our community.

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

**Time:** 9:00 a.m.—4:00 p.m.

### Topics to be covered:

- ◇ Caregiver Stress
- ◇ Medicare Scams/Health Care Fraud
- ◇ Financial Fraud/Abuse
- ◇ Elder Law



### What is Elder Abuse?

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

- Abuse can happen in many places, including the person’s home, a family member’s house, an assisted living facility, or a nursing home.
- Abuse can happen to anyone—no matter the person’s age, sex, race, religion, or ethnic or cultural background.

### Who should attend?

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

### Registration Information:

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

E-mail \_\_\_\_\_

Business or Church \_\_\_\_\_

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

**Deadline to register: Thursday, August 15, to:**

Roscommon County Commission on Aging

**Attn:** Betty Kimble

1015 Short Drive, Suite A

Prudenville, MI 48651

**Fax:** 989.366.0136

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

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



# Center / COA ACTIVITIES & NEWS



## Enjoy Singing?

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

**Wednesday, July 10, 2019—1:00 p.m.**

**Houghton Lake Center  
(behind the Pines Theater)**

We hope to create a singing group that will have fun singing together and provide cheerful entertainment for the community!

## Let's Sing Together!

### ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS

**Ireland ~ Iceland ~ England Cruise**

11 days / 10 nights — May 18-28, 2020

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

### ASK THE BANKER!

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

**When:** Thursday, July 11

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

**Where:** Houghton Lake Center



**Houghton Lake Center**

**Friday, July 19, 2019**

**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.



## Tai Chi for Arthritis & Fall Prevention

### What is Tai Chi for Arthritis and Fall Prevention?

- ◆ a program to improve health and wellness
- ◆ a graceful, low-impact form of exercise

### BENEFITS:

- ◆ improves balance, strength, mobility, and quality of life
- ◆ can also reduce stress, risk of falls, and help manage pain from arthritis.

### THE CLASS:

- FREE! Thanks to a grant through MSU Extension
- Tuesdays & Thursdays
- 10:00-11:00 a.m.
- July 9, 2019—September 5, 2019
- No class August 8 & 22, 2019
- Houghton Lake Center, 2625 Townline, Houghton Lake

### TO SIGN UP:

- **CLASS IS FULL**
- MSU Extension Contact is Nicole Wethington, 989.344.3264, ext. 1 or wethingn@msu.edu

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**9 to 5 the Musical  
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**Sunday, August 4, 2019**

Leave Houghton Lake 11:00 a.m.

Cost: \$50.00 per person

Includes: lunch, transportation, 1:30 show

*Interested?* Call Deb, 989.366.0205.

## What Is the Difference Between a Living Will and a Do-Not-Resuscitate Order?

It is a very good idea to create advance directives in order to plan for the possibility that you may one day be unable to make your own medical decisions. In doing so, there can be confusion about the difference between a living will and a "do-not-resuscitate" order (DNR). While both these documents are advance medical directives, they serve different purposes.



A living will is a document that you can use to give instructions regarding treatment if you become terminally ill or are in a persistent vegetative state and unable to communicate your instructions. The living will states under what conditions life-sustaining treatment should be terminated. If you would like to avoid life-sustaining treatment when it would be hopeless, you need a living will. A living will takes effect only when you are incapacitated and is not set in stone — you can always revoke it at a later date if you wish to do so.

When drawing up a living will, you need to consider the various care options and what you would like done. You need to think about whether you want care to extend your life no matter what or only in certain circumstances. A living will can dictate when you want a ventilator, dialysis, tube feeding, blood transfusions, and other life-saving or life-prolonging options.

A DNR is a different document. A DNR says that if your heart stops or you stop breathing, medical professionals should not attempt to revive you. This is very different from a living will, which only goes into effect if you are unable to communicate your wishes for care. Everyone can benefit from a living will, while DNRs are only for very elderly and/or frail patients for whom it wouldn't make sense to administer CPR.

In addition to a living will, you will also need a health care proxy or broader medical directive.

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- Medical Care Discount available to patients that qualify
- Prescriptions can easily be transferred to and from any pharmacy (including both chain and independent)
- No need to be a patient of the clinic to use the pharmacy

**(989) 202-4605**





# “MEALS-ON-WHEELS” CAR SHOW



## “THIRD ANNUAL” Saturday, August 10, 2019

### Where

Roscommon Fire Training Grounds  
290 Ballenger Road  
Roscommon, MI 48653

### Schedule

Pre-register by July 26,  
for a chance to win a  
\$ 25.00 Gas Card  
5x7 Car & Driver Photo  
Auto Parts Swap Vendors  
\$20.00 booth fee

Registration — 7:00 a.m.-11:00  
a.m.  
Lunch — “Meatloaf Dinner”  
Served 12:00 Noon—1:00 p.m.  
\$5.00 for the meal  
Trophies Awarded — 3:00 p.m.  
Dash Plaque to first 100 entries  
Cruise

Best of Show  
Sheriff's Choice  
Best Patriotic Display  
Many more categories  
for trophies

Vendor & Registration Fee:

**\$20.00**

Name: \_\_\_\_\_ Phone # \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State & Zip: \_\_\_\_\_ Club: \_\_\_\_\_

Year, Make & Model: \_\_\_\_\_

Signature: \_\_\_\_\_

Return to: 1015 Short Drive, Suite A, Prudenville, MI 48651 or drop off at your nearest Center. Call Debra at **989-366-0205** with any questions. The Roscommon County Commission on Aging and Firemen’s Memorial Committee accepts no responsibility for injuries, property damage or theft happening before or during this event. By signing above you agree to this statement.

# Did You Know?

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



## Roscommon County Food Pantry

(formerly Project Hope) is open:

**Monday, Tuesday, Wednesday**

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

**Thursday**

4:00-6:00 p.m.

**Friday, Saturday, Sunday**

CLOSED



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

**Commodity Supplemental Food Program**—Held every month for seniors age 60 and over.

St. Helen / Roscommon Centers — 3rd Wednesday

Houghton Lake Center — 3rd Thursday  
Call 1/800-443-2297 for more information



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



## Alzheimer's Support Group

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

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Northeast Michigan

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SERVING NORTHEAST MICHIGAN

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

Connecting people in need with people who can help.

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

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



## Check Out Our Resources!

We have books that may be helpful. Stop by sometime to see what we have and maybe even take one home with you to read. The Health Resource Library is located at the Commission on Aging administrative office 1015 Short Dr, Prudenville. If you are interested in finding out more, contact Betty at 989.366.0205 or stop by to see our selection.

The RCCOA also has health resource computers available at each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

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



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



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

*Thank you for your continued support!*

### AND THE WINNERS

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

Houghton Lake	Sandra Ayers
Roscommon	Bob Brotebeck
St. Helen	Mary Yennior

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



## RCCOA Gift Shop



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

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



## Dow Gardens 2019 Lunchtime Concert Series Midland, Michigan

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

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

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

**Cost:** \$25.00 per person, per concert date

**Includes:** guided tour, lunch, concert, transportation

### 2019 Concert Schedule

**July 3** – Casey Lane Music

**July 10** – Monte Pride

**July 17** – Donny Brown

**July 24** – Dwight Douglas Experience

**July 31** – Chris Zehnder

**August 7** – MFR & Oni

**August 14** – Jim Pagel Trio

**August 21** – Josh Ramses Band

**August 28** – Charlie Millard Band



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



### Great Lakes Loons Baseball Game

**Sunday, July 21, 2019**

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

**Cost:** \$27.00 per person

**Includes:** Game Ticket, transportation, food voucher (either a hot dog, brat, or slice of pizza, chips, fountain drink)

The Great Lakes Loons are a Single-A Minor League Baseball affiliate of the Los Angeles Dodgers. Founded in 2007, the club is a member of the 16-team Midwest League and won its first championship in 2016.

# Houghton Lake Center News

Hello Everybody,

Welcome to another beautiful Northern Michigan July. I know I don't want to sit around this summer. I want to take full advantage of the weather and get out and enjoy. July is a great month for festivals of all kinds and northern Michigan has a ton of them. Festivals are great for people watching and Northern Michigan has all the character(s) one could ask for. If you're looking for something new to see and do, check out your local summer events calendar and have fun.



As of the writing of this newsletter we are still waiting for our "summer" to begin. June was cold and wet. Good for the lawn but our snowbirds are still seen shivering from time to time. Fear not my warm-blooded friends, the Houghton Lake Center is always warm and dry and filled with laughter. Summer will come as promised. If it seems a little truncated this year, it's only because we failed to take full advantage. If I don't see you here, I hope to see you out there!

June was filled with some great presentations thanks to our community partners and volunteers. Some highlights from June include our Tea-Time table decorating (thanks Johnna and Varlya) and, of course, a Father's Day celebration with music from "Just the Two of us". July will not stand for being outdone by June and the Ideas and events are coming in full tilt. Don't miss Lori with Helping Paws for Veterans scheduled this month. We are closed on July 4<sup>th</sup> but that won't stop us from celebrating. Make sure to call, or better yet, come on in to see what's going on and share in the fun. Our Senior Advisory Board Coffee Clutch is catching on and we are hoping to see you there every Friday from 10:00-11:00 a.m. Your Houghton Lake Senior Advisory Board has recently voted to support the Roscommon County Food Bank with a generous portion of the money they raise. I would like to thank our seniors for all the worthy causes they tackle in our community.

See you soon!

Doug Ellsworth

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



## DAILY ACTIVITIES

- |        |   |
|--------|---|
| Mon:   | 9:00 a.m. Exercise<br>10:30 a.m. Chair Yoga<br>10:30 a.m. Line Dancing<br>1:00 p.m. Pool practice, Adult Coloring   |
| Tues:  | 9:00 a.m. Exercise<br>10:00 a.m. Chair Volleyball<br>10:45 a.m. Arthritis Exercise<br>1:00 p.m. Bingo, Mahjong, Dominoes<br>1:00 p.m. Cribbage  |
| Wed:   | 9:00 a.m. Exercise<br>10:00 a.m. Choose To Lose<br>10:30 a.m. Houghton Lake Jam Band<br>11:00 a.m. Pool League<br>1:00 p.m. Bridge  |
| Thurs: | 9:00 a.m. Exercise<br>10:00 a.m. Chair Volleyball<br>10:00 a.m.-12:00 Noon Hand and Foot<br>10:45 a.m. Arthritis Exercise<br>12:00 Noon Pinochle<br>1:00 p.m. Bingo<br>1:00 p.m. Euchre |
| Fri:   | 9:00 a.m. Exercise<br>10:00 a.m. Chair Volleyball<br>10:00 a.m. Sr Advisory BD Coffee Clutch<br>12:00 p.m. Quilters   |

# Roscommon Center News

WOW!!!! It seems that yesterday we were talking about being so glad for the break from winter. Now we are in July, and if you are a school employee that means your summer is almost over. WOW!!!



The Roscommon Center Advisory Board met and accepted the resignation of Lee Martin as our president. What a sad day. Lee has been involved here for several years and is a huge asset to our community. She will be relocating to another area in Michigan so she can be closer to her children. We all wish her the best as she flies away on this new adventure. The advisory board meets the first Monday of the month. They are always looking for new people to be involved.

We celebrated our moms with bringing in pictures of them to match up. This is just fun to see some of the pictures. Mary Jordan was the winner of matching moms and their children. Doug was the winner of our Trivia, Twinkies was the answer. Bob Brotbeck was the winner of Mr. P. Congrats to all of them.

A big thank you to Wendell, Bob, and Bill for helping us out in the flower area. We are looking more like summer all the time.

July is a slower month as many of our people spend some time with children and family that flock to the beautiful North to vacation. We are planning a center picnic Friday, July 12, at noon. All are invited. We will be closed on Tuesday, July 23, for an All-Staff Inservice Day.

August we will have our annual white elephant auction. If you have any items you would like to donate, please let me know. Auction money is handed out for any activity you participate in here at the center. Watch the August Newsletter to see the exact date. The annual Fair/Carnival will be held in August also. We will be doing a baking contest, canning contest, and we do arts and crafts. They are judged and receive ribbons. If you would like to enter (and we would like you to), watch for the date and bring your stuff in.

*Johnna Ancel*

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



## Daily Activities

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



# St. Helen Center News

Happy 4th! The centers and COA offices will be closed Thursday, July 4th, and reopen on Friday, July 5th. Wishing everyone a safe and happy holiday!!! All the centers and COA offices will also be closed on Tuesday, July 23, for an in-service day.

July

We had a good crowd for our Father's Day Lunch. Prizes were given for the best tie and best hat. We also played some games with the winners receiving prizes.

Mark your calendar for Wednesday, July 10. Julie Hill will be here at 11:15 a.m. to talk about "The Bed Shaker Alarm" for hard of hearing clients. This is sponsored by a non-profit group called Grayson's Gift. Please come to learn about this life-saving application.

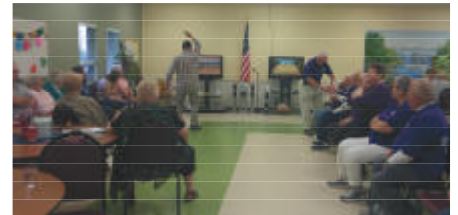
Monica from My Community Dental in Roscommon will be here Tuesday, July 16, 11:30 a.m., to fill us in about the dental clinic and the services they have available.

Our aerobic walkers are back, working hard in the mornings. They encourage others to come join in. They are usually here Monday, Tuesdays, Thursdays and sometimes Friday, 8:30 a.m. Regular exercise class held on Monday, Wednesday, and Friday, keeps growing. You are invited to come in and enjoy the group. The times are listed below under daily activities. The men are also welcome to participate.

We are always looking for more Cribbage players on Thursday mornings. Also, if Cribbage isn't your game, Bunco is also available at this time. Our Chair Yoga class meets Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m. This group is growing but we always have room for more. Don't forget bingo on Tuesdays! Penny Bingo begins at 10:00 a.m. and regular bingo meets after lunch. We have a newly redone shuffleboard. If you're interested in playing let me know.

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

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



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

## MONTHLY ACTIVITIES

- 3 11:15 a.m. Lighthouse of Roscommon B.P.C.
- 4 **Closed — Happy 4th!!!**
- 8 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 10 11:15 a.m. Bed Shaker Alarm Demo  
4:30 p.m. Brain Matters Support Group—Houghton Lake (pg 4)
- 12 10:00 a.m. **Cancer Support Group**—Houghton Lake (pg 4)
- 16 11:15 a.m. Intelicare B.P.C.  
11:30 a.m. Monica from My Community Dental
- 23 All Centers and COA Offices Closed — Staff In-Service**
- 24 11:15 a.m. Senior Advisory Meeting
- 25 12:00 Noon **Birthday Party**

## 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 Center Activities — July

## Houghton Lake

- 4 **CLOSED — Enjoy your 4th!**
- 8 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 9 10:00 a.m. Beginner Card Making (sign up at center)
- 10 11:30 a.m. Coping with Alzheimer's with Stacey Allen from Munson  
1:00 p.m. Join our new singing group!  
4:30 p.m. Brain Matters Support Group—HL (pg 4)
- 11 10:00 a.m. Helping Paws for Veterans with Lori
- 12 **10:00 a.m. Cancer Support Group** (pg 4)
- 15 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Marie from Intellicare
- 17 11:30 a.m.-12:30 p.m. Blood Pressure Clinic with Sandy from The Lighthouse of Roscommon
- 19 11:00 a.m.-1:00 p.m. Bake Sale
- 23 **CLOSED for Staff In-Service Day**
- 25 12:00 Noon **Birthday Celebration**

## Roscommon

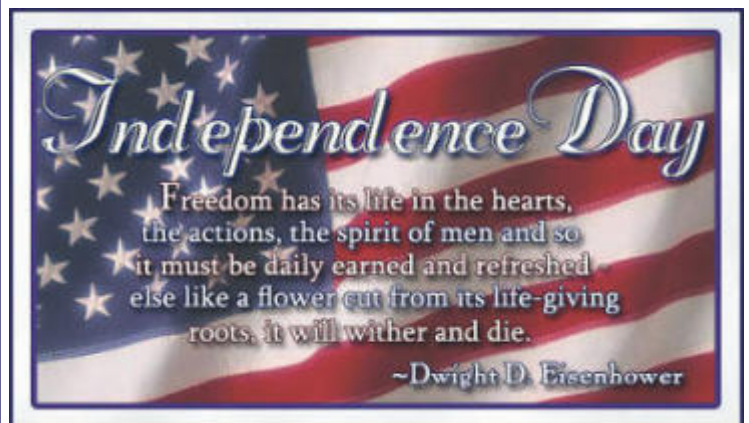
- 1 12:45 p.m. Senior Advisory Board Meeting
- 2 11:45 a.m. Blood Pressure Check by Marie from Intellicare
- 4 **CLOSED — Enjoy your 4th!**
- 5 National Graham Cracker Day—Bring graham crackers
- 8 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
- 10 4:30 p.m. Brain Matters Support Group—HL (pg 4)
- 11 12:30 p.m. National Make Your Own Sundae Day—We'll make sundaes after lunch
- 12 10:00 a.m. **Cancer Support Group**—HL (pg 4)  
Wear Your Baseball Cap Day  
12:00 Noon Center Picnic
- 23 **CLOSED for Staff In-Service Day**
- 24 11:45 p.m. Blood Pressure Check by *The Lighthouse of Roscommon*
- 25 12:00 Noon **Birthday Celebration**
- 26 Wear a Cowboy Hat!
- 31 12:45 p.m. Movie Day

Roscommon County Commission on Aging Administrative Offices, Serenity Day Lodge, and all 3 centers will be closed these days in July:

**Thursday, July 4th**

**Tuesday, July 23 — Staff In-Service Day**

"Meals-on-Wheels" participants will receive a frozen meal prior to the closure date.





## Leading the Fight Against Elder Abuse

According to the June edition of the *AARP Bulletin*, Judith Kozlowski is a consultant with the Department of Justice, Elder Justice Initiative. The responsibilities of this Initiative are to combat the financial exploitation of older Americans and elder abuse and neglect. Their current priorities include working with the federal Corporation for National and Community Service to train its more than 220,000 Senior Corps volunteers to recognize elder abuse and financial exploitation.

Kozlowski has fought to protect older folks from rip-offs for over four decades. She was a federal criminal prosecutor for 20 years and a securities regulator and trial lawyer for 10 years for agencies. She frequently trains FBI agents, prosecutors and judges on elder financial exploitation. A late uncle of hers lost his savings in the 1990s in a penny stock scam. When he was swindled, the WWII veteran and retired restaurateur was in the early stages of Alzheimer's. That inspired her to keep fighting elder fraud. Kozlowski is a graduate of Oberlin College and New York Law School.

She says:

- **On the scope of the problem:** Elder Financial exploitation remains the most pervasive and fastest growing form of elder abuse in this country and the world.
- **On what she used to tell jurors in closing arguments:** This isn't just a crime about taking money. It's really, truly a crime about ending a life. It can't be repaired. Let's say you lose half of what you have—\$2,000 or \$200,000. Your life is upended. You may need a new place to live. You may need medical care. You may or may not have family that can help you. You may have cognitive issues. You can't just get another job and be a greeter at Walmart or pack groceries at the local grocery store.

Source *AARP Bulletin*, June 2019 edition, pg. 9

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15-0755

# Financial Elder Abuse



**From the National Center on Law & Elder Abuse —** Family, professionals, and caregivers often help older adults manage finances, personal care, and household tasks. Sometimes, the increased vulnerability of older adults may make them susceptible to financial exploitation and physical abuse by those they trust. They may feel trapped, lack the personal resources to leave, and fear that they won't be able to manage alone.

Controlling access to money and resources is a common way that abusers control their victims. **Older adults with limited income may be particularly vulnerable as they may lack the surplus funds to leave the abuser and set up a new household.**

Even when survivors have control over their finances, they may have come to rely on their abuser's income. Escaping one's abuser can be an expensive task and survivors may need assistance managing their financial obligations.

Helping survivors of elder abuse includes helping them get on financially stable ground so they do not return to an abusive environment. This Practice Tip explores some of the financial difficulties that survivors face and common consumer law tools that can help.

**1. Prioritize debt payments.** They may need guidance on how to prioritize debts. High-priority debts are those that are secured by collateral, most commonly mortgages and auto loans. Keeping current on these types of loans is of utmost importance. Unsecured debts are typically low priority. This includes credit card debts, medical bills, and personal loans.

Unsecured debts are not typically subject to the same risk of repossession as secured debts, so these should be paid only after daily necessities and high-priority debts have been covered.

**2. Stop harassment from debt collectors.** Survivors of elder abuse may be vulnerable to abusive tactics by debt collectors. The Fair Debt Collection Practices Act (FDCPA) prohibits debt collectors from engaging in deceptive, abusive, and harassing tactics. Most states have debt collection laws, often with stronger protections than the FDCPA. Advocates should help survivors understand what debt collectors can and cannot do under these laws.

**3. Understand garnishment exemptions for Social Security Income and disability benefits.** If a creditor obtains a judgment against the person, their income/property may be subject to seizure. Most states have exemption laws protecting specific kinds of property from seizure. Survivors of elder abuse are likely to qualify for other exemptions from garnishment, including Social Security and Supplemental Security Income.

**4. Timely report unauthorized use of credit and debit card.** Federal law protects survivors against the unauthorized use of a credit card or debit card if the abuser steals, borrows, or otherwise uses their credit card or debit card without permission. There are monetary limitations for unauthorized use of a credit card and unauthorized transfer of funds.

**5. Place fraud alerts and set up a security freeze.** Survivors who have had their identities stolen by their abusers have free tools available to protect and repair their credit. By federal law, effective September 21, 2018, consumers may place a security freeze on their credit report for no charge. Or they may place a free fraud alert on their credit report.

**6. Protect against utility shutoffs.** Many states provide protections from utility shutoffs for vulnerable populations. Electric and gas companies may be prohibited from terminating service for households with older adults or seriously ill members.

**7. Seek a protection order for restitution.** Civil protection orders are a valuable tool to keep survivors safe from their abusers. Protection orders can require abusers to pay restitution for medical costs and compensatory losses incurred in fleeing the abuser, forbid the abuser from destroying the survivor's property, and ensure the survivor's safety when they retrieve their property from a shared home.

For the full article on this Practice Tip you may go to:

**go to:** <https://ncler.acl.gov/getattachment/Resources/Consumer-Tools-to-Help-Survivors-of-Elder-Abuse-Practice-Tip.pdf.aspx?lang=en-US&eType=EmailBlastContent&eid=cf046985-308f-404b-89b9-6d01a4d6130b> or call Betty, 366-0205 for a copy of the article.

ROSCOMMON COUNTY COMMISSION ON AGING PRESENTS:

# NIAGARA FALLS & TORONTO

2019

## Incredible Price Includes:

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

**\$485\***

**5 DAYS**

**4 NIGHTS**

**Per person, double occupancy**

**(Mon—Fri)**

**Sept 30—Oct 4, 2019**

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

World's most famous Falls



Magnificent Casa Loma Castle in Toronto

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

Gaming at Fallsview Casino



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



Visit beautiful Queen Victoria Park

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



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# Education



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

### Help is Only a Phone Call Away!

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

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

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

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

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

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

#### **THE CLASS:**

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



## “A Matter of Balance”

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

#### **WHO SHOULD ATTEND?**

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

#### **LEARN TO:**

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

#### **THE CLASS:**




- Is **FREE**
- Meets at **RCCOA Administrative Offices, 1015 Short Drive, Suite A, Prudenville**
- **10:00 a.m. — 12:00 Noon**
- Twice weekly (Mondays and Wednesdays) for four weeks—starts **Monday, July 8**, goes through **Wednesday, July 31**



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

# Menu

## JULY 2019

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>Chef Salad Lettuce, Tomato, Cucumber, Onion, Egg, Ham, Turkey, Cheese Assorted Rolls</p>	<p><b>2</b></p> <p>Roasted Pork Tenderloin Whipped Sw Potatoes Green Beans Applesauce Wheat Bread</p>	<p><b>3</b></p> <p>Tuna Salad on a bed of lettuce 3 Bean Salad Pineapple Tidbits Pudding Cup</p>		<p><b>5</b></p> <p>Hot dog on a bun Coney Sauce &amp; onions German Potato Salad Cole Slaw Fresh Melon</p>
<p><b>8</b></p> <p>Meatloaf Mashed Potatoes with Brown Gravy Prince Charles Veggies Fruit Cocktail Wheat Bread</p>	<p><b>9</b></p> <p>Chicken Parmesan Spaghetti Noodles California Veggies Tossed Salad w/ tomato Honey Wheat Roll</p>	<p><b>10</b></p> <p>Maple Glazed Fish Oven Roasted Potatoes Carrots Banana</p>	<p><b>11</b></p> <p>Pot Roast Mashed Potatoes with Brown Gravy California Veggies Red Grapes Honey Wheat Roll</p>	<p><b>12</b></p> <p>Grilled Chicken Salad, lettuce, tomato, cheese Marinated Cucumbers Jello Dinner Roll</p>
<p><b>15</b></p> <p>Goulash California Veggies Tossed Salad Diced Pears Honey Wheat Roll</p>	<p><b>16</b></p> <p>Oven Fried Garden Chicken Redskin Potatoes Broccoli Red Grapes Wheat Bread</p>	<p><b>17</b></p> <p>Taco Salad with meat &amp; refried beans, lettuce, tomato, onion &amp; sour cream Black Beans &amp; Corn</p>	<p><b>18</b></p> <p>Chicken Marsala Mashed Potatoes Sour Cream &amp; Chives Green Peas Chilled Peaches Wheat Bread</p>	<p><b>19</b></p> <p>Pub Fish Brown Rice Brussel Sprouts Cole Slaw Wheat Bread</p>
<p><b>22</b></p> <p>Hamburger on a Bun Steak Fries Baked Beans Mixed Fruit</p>		<p><b>24</b></p> <p>BBQ Chicken German Potato Salad Beets Cornbread</p>	<p><b>25</b></p> <p>Chicken Salad on a Croissant Redskin Potato Salad Tossed salad w/ tomato <b>Birthday Party</b></p>	<p><b>26</b></p> <p>Herb Baked Tilapia Mexican Rice Stewed Tomatoes Mandarin Oranges Wheat Bread</p>
<p><b>29</b></p> <p>Country Fried Steak Mashed Potatoes with Country Gravy Green Beans Honey Wheat Roll Apple</p>	<p><b>30</b></p> <p>Baked Chicken Thigh Scalloped Potatoes Broccoli Banana Honey Wheat Roll</p>	<p><b>31</b></p> <p>Hamburg Stroganoff over Egg Noodles Spinach Pineapple Tidbits Wheat Bread</p>		

### Suggested Donation

All Meals Served with Milk

60+ (or younger Spouse): \$2.50

Menu Subject to Change

# COA Trips



**Tree Canopy Walk**  
Dow Gardens, Midland, MI

**Tuesday, July 9, 2019**

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

**Return: 4:00 p.m.**

**Cost: \$30.00 per person**

**Includes: Canopy walk, buffet lunch, transportation**  
**Lunch at Krzysiak's House Restaurant**

Whiting Forest of Dow Gardens features 54 acres of woodlands, ponds, apple orchard, meadows and stream. Guests of all ages and abilities are immersed in the forest on the nation's longest canopy walk, 1,400 feet long, soaring up to 40 feet above the ground. Then on to Krzysiak's in Bay City for a fantastic buffet with all the fixins. Oh, did I tell you about their awesome unlimited desserts?

**Limited to 18 people**



**Leelanau Sands Casino, Suttons Bay with a stop at Turtle Creek**

**Thursday, July 16, 2019**

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

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

**Cost: \$30.00 per person**

**Includes: Polka music, casino comps, food vouchers, transportation**

Polka music is at the Sands only! We will arrive at 11 a.m., leave the Sands at 2 p.m., arrive at Turtle Creek at 3 p.m. and head home at 6 p.m.

**July 18, 2019**

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

**Return: 4:00 p.m.**

**Cost: \$20.00 per person**

It will be a fun-filled morning. We'll break for lunch and then more fun in the afternoon.



**MUSHROOM HOUSE Tours**



**Thursday, July 11, 2019**

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

**Return: 5:00 p.m. Cost: \$28.00 per person**

**Includes: Tour, lunch transportation**

**Lunch at Charlevoix Senior Ctr Tour—1:30 p.m.**

Experienced and knowledgeable step-on guides from the Charlevoix Historical Society will join us on our bus to tour world-famous "Charlevoix the Beautiful"! Our tour will travel throughout the city and take us past the renowned Earl Young "Mushroom Houses", past the stunning Victorian summer resorts, across the famous drawbridge, and into the heart of the bustling community. The experience will last approximately 1 to 1.5 hours. The breathtaking residences you see on this tour range from 1919 to 1954, each with its own fascinating history.



**Thursday, July 25**

**Leave: Houghton Lake Center 8:30 a.m.**

**Return: 6:30 p.m.**

**Cost: \$70.00 per person**

**Includes: Shepler's Ferry, carriage ride, transportation (Lunch will be on your own for this trip.)**

Share a memorable journey with us as we travel under the Mackinac Bridge on the way to the Island. This trip will take about 25 minutes. Once on the island we will board a horse drawn carriage. Prepare yourself for a tour like no other! What you will experience is by far the most enjoyable and authentic way to view the island. Approximate tour time: 1 hour & 45 minutes. After our carriage ride, you are free to explore the many shops, or you may want to purchase a ticket to venture on over to the Grand Hotel and maybe enjoy sitting on the beautiful white Grand porch.

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

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