



NEWS

“Informing,
Educating,
&
Caring”

Commission on Aging

www.rcco.net

June 2019

1015 Short Drive, Suite A
Prudenville, MI 48651
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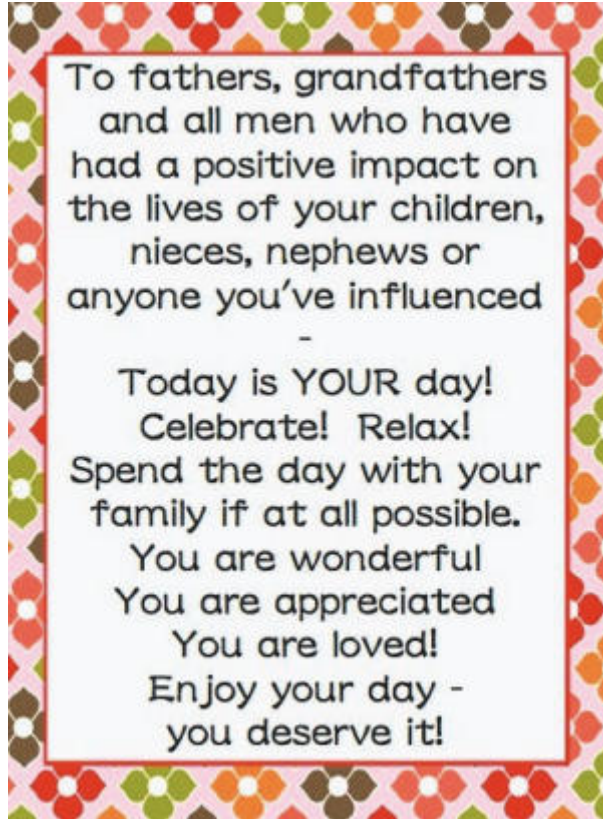
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**All Centers open 9:00 a.m.-
3:00 p.m. Monday through
Friday. Lunch served at noon.**



Be sure to call your preferred
center by **Wednesday, June 5,**
to reserve your spot!

To honor fathers,
grandfathers, and
all men, the
RCCOA will have a
special

Father's Day Lunch

BBQ Pork Ribs

O'Brien Potatoes

Cole Slaw

Dinner Roll

Strawberry Shortcake

Friday

June 14, 2019

12:00 Noon

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

Roscommon County Commission on Aging, Inc.,
Board of Directors' will hold its regular meeting:

Wednesday, June 19, 2019, 1:00 p.m.

RCCOA Administrative Offices

1015 Short Drive, Suite A

Prudenville, MI 48651

Everyone is welcome to attend.

Mr. P's Adventures

Mr. P thanks you for your help in finding his derby and sombrero. Wasn't that great fun those days with all the activities and good food! Mr. P sure does enjoy the stuff they do at the centers. He wishes more people would come out and be a part of the happenings! Can you believe it is June already? We are halfway through the calendar year...time sure does fly when you are having fun. This month is Father's Day and Flag Day all on the same weekend. Mr. P wants to remember to put his flag out Friday, June 14, for Flag Day. What a great flag we have. He wishes more people today understood just what that flag stands for—unity as a nation, freedom, justice for everyone. Maybe if they did people wouldn't disrespect it so much...speaking of Father's Day, Mr. P's father gave him this plaque years ago—I mean years ago—when he first became a father. It's brown with a ribbon and has a poem about *What Makes a Dad* on it. He knows he still has it...where did it go. 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, June 13**. Deadline to enter is **Wednesday, June 12, 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.



From the Director...

Ahhhhhhhhh, smell the fresh air! That's what I'm talking about. I don't know about you but a little warmth and sunshine makes all the difference in my world! I actually feel rejuvenated, and it's a good thing, too, with all the spring cleaning I have to do!



I'd like to talk about our website for a minute. I apologize, we know it is outdated. Part of the problem is they have changed the format needed to update it which made it a lot less friendly to work with. We are in the process of having the entire site redeveloped. Thank you for your patience as we fix this stumbling block. We will have it up and running as soon as we are able. In the meantime I will update the portions I am able to. Technology is a double-edged sword sometimes. What would we do without it! It's kind of like an "ex" ... can't live with em and can't live without em. Lol

On another note, it's nice to see our centers busy. With snowbirds coming home and some new faces, our centers are buzzing with activities. If you have an idea for an activity, talk to your center manager or Debra. Let's see it come to fruition!

As we continue to grow we are planning on having one number allocated strictly for "Meals-on-Wheels" participants to use when making changes to their meals. It will also be the "hotline" they can use to learn if the meals are being delivered due to the weather. We are hoping to have this in place yet this month! When it is all set we will send a notice out with your meal driver with the specifics. All this as we grow to better meet the needs of our aging community.



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.**

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.

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, so register now by calling Betty at 989.366.0205, ext 100. **8 hour course: must attend both sessions*

Worried you'll outlive your retirement savings?



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Neurogenic Support Group

“Brain Matters”

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

Wednesday, June 12, 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!

Appointments preferred

Here’s where and when:

Houghton Lake Center

June 25, 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.



CAREGIVER SUPPORT GROUP

Monday, June 10, 2019

Monday, June 24, 2019

1:00 p.m.

RCCOA Administrative 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.



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.



Cancer Support Group will begin meeting:

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 will be led by one of our seniors, Loralie Reinhardt. Questions call Debra.



Family Ties



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 R R W A L N L D T L L C N P H S
 I R H I I B A O I O I A I P T B
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 G M U D T E C S N Y Y N R T R N
 E O A S Y N E G O R P T U S N D
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FAMILY

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|-------------|--------------|-----------|------------|
| ANCESTOR | FATHER | MOTHER | SISTERS |
| AUNT | FOLKS | NEICE | SON |
| BOND | GENEALOGY | NEPHEW | SPOUSE |
| BROTHERS | GRANDPARENT | NEWLYWED | STEPPARENT |
| CHILDREN | HALF BROTHER | OFFSPRING | TRIPLETS |
| CLAN | HALF SISTER | PARENTS | TWINS |
| COUSINS | HUSBAND | PROGENY | UNCLE |
| DAD | KIN | RELATIONS | WIFE |
| DAUGHTER | MARRIAGE | RELATIVES | |
| DESCENDANTS | MOM | SIBLING | |



Find and circle all of the hidden words. The remaining letters spell a special occasion for families.



The love of a
FAMILY
is life's greatest blessing



Medical Tests for 60s and Up

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

You deserve to feel good. Just because you are older than 60, don't think you can't be independent, vital, and healthy.

But do you know what to do to stay healthy? The United States Preventive Services Task Force (USPSTF) and other specialty groups have put together the following recommendations to help keep seniors healthy, happy and safe. These are simple medical tests that can be done or ordered when you visit your regular doctor. Your doctor may recommend additional tests based on your personal health profile.

- **Blood pressure.** You could be one of millions of Americans who have high blood pressure and don't know it. Get your blood pressure checked by a health care provider every year, even if your blood pressure is normal. You may need screening more often if your pressure is higher than normal or if you have other risk factors. Your heart, not to mention your arteries, brain, eyes and kidneys, will thank you later.
- **Stepping on the scales.** Welcome to the weight gain triple whammy: muscle is replaced by fat as we get older. Then, that fat goes to your waist! Also, you don't burn calories as well as before because your body's metabolism is slowing down. Take heed of the weight gain; you could be robbing yourself of good health.
- **Colorectal cancer screening.** The USPSTF recommends screening in adults beginning at age 50 years and continuing until age 75. You may need to be screened earlier and more frequently if you have risk factors. Talk to your doctor to see what's best for you. The risk and benefits of these screening methods vary:



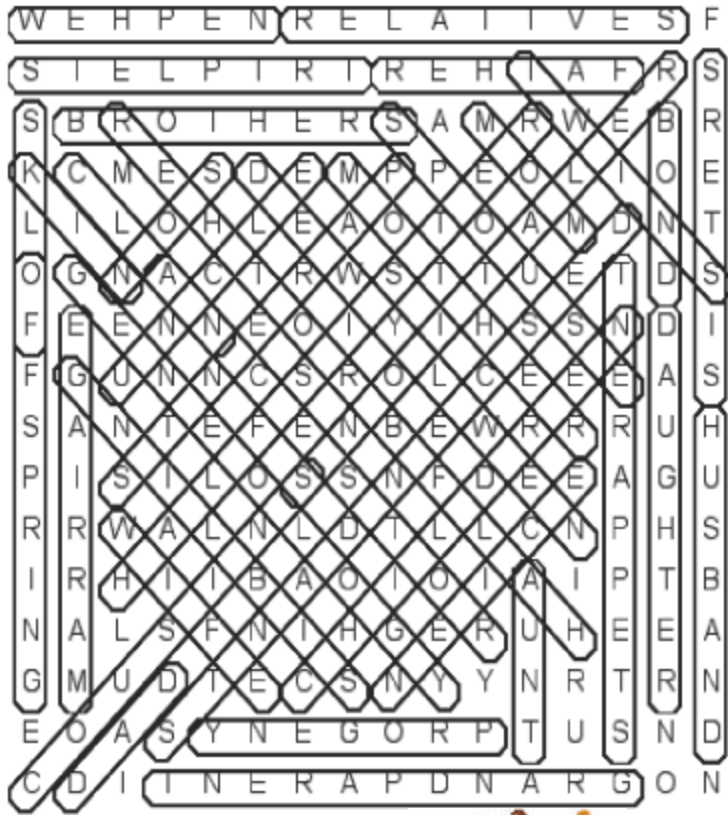
Fecal occult blood testing (each year)

Sigmoidoscopy (every 5 years) paired with fecal occult blood testing (every 3 years)

Colonoscopy (every 10 years)

- **Prostate cancer screening.** The USPSTF concludes that there is moderate certainty that the benefits of screening for prostate cancer measuring a man's prostate-specific antigen (PSA) level do not outweigh the harm in men ages 70 and older. Talk to your doctor about the pros and cons of screening if you are 55-69.
- **For women, a breast exam and mammogram.** Breast cancer risk increases with age. A mammogram is recommended every one to two years starting at age 40 or 50.
- **For women, a pelvic exam, pap smear and HPV test.** Women over 60 still need to get regular pelvic exams. Pap smears, or human papillomavirus test. Pap smears are recommended for women every three years, and HPV test every 5 years, or a combination of both, up to age 65. If a woman is older than 65 years old and has a non-cancerous condition like fibroids, your doctor may tell you that a Pap test is no longer needed.
- **Protecting your eyes.** Eye diseases, such as macular degeneration, cataracts, and glaucoma, are common with age. Screening can preserve and maximize your vision. Ask your eye doctor how often you need to have your eyes checked.
- **Hearing test.** At least 25% of people age 65-74 have disabling hearing loss, most of which is treatable. That number increases to 50% with age.

continued on pg 14



The hidden message is:
Family Reunion



HOW WE SERVED YOU DURING

April 2019



Meals-on-Wheels Delivered:	7458
Meals Served at Centers:	1984
Homemaking Service Hours:	732
Personal Care Hours:	199.25
Respite Care Hours:	314.75
Serenity Day Lodge Hours:	375

Autumnwood of McBain...

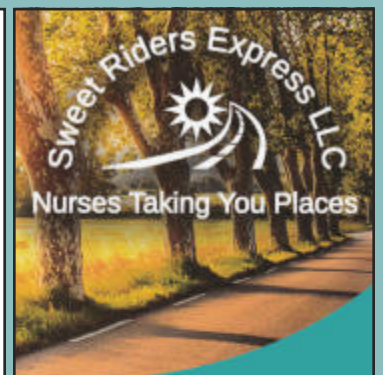


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15-0755



Monday, August 19, 2019

Elder Abuse Prevention Conference

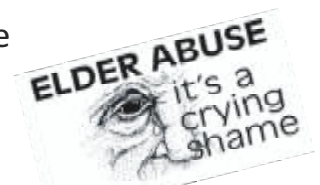
Please join us for an informative day that will help you be prepared when times and questions regarding elder abuse arise in our community.

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



AND THE WINNER of our fifth annual chili cook-off held Friday, April 26, 2019, between the centers is.....**Houghton Lake Center Cook Becky Pratt!** Congratulations Becky. She will go on to represent the RCCOA at future chili cook-offs in the area.



As Deb would say...*Sorry about your luck, Andy!* Maybe next year...

Everyone who attends the centers had an opportunity to taste and vote on the chili samples. Each facility serves a fantastic meal M-F at noon for a suggested donation of \$2.50 for those over the age of 60. Come join us for lunch at one of the centers sometime!

Anybody interested in going on a cruise for one of our trips...say to Alaska, Rome & Venice, Ireland & Scotland or maybe even the Caribbean? If you are, let Deb know. She can be reached 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, June 13

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

Where: Houghton Lake Center



Houghton Lake Center

NO BAKE SALE IN JUNE

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
- ◆ combine gentle movements to practice weight transference and movement control in this safe and easy to learn program.

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:

- Registration is required
- Call 989.366.9168
- MSU Extension Contact is Nicole Wethington, 989.344.3264, ext. 1 or wethingn@msu.edu

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Medicare Beneficiaries Need to Know the Difference Between a Wellness Visit and a Physical

Medicare covers preventative care services, including an annual wellness visit. But confusing a wellness visit with a physical could be very costly.

As part of the Affordable Care Act, Medicare beneficiaries receive a free annual wellness visit. At this visit, your doctor, nurse practitioner or physician assistant will generally do the following:

- Ask you to fill out a health risk assessment questionnaire
- Update your medical history and current prescriptions
- Measure your height, weight, blood pressure and body mass index
- Provide personalized health advice
- Create a screening schedule for the next 5 to 10 years
- Screen for cognitive issues

You do not have to pay a deductible for this visit. You may also receive other free preventative services, such as a flu shot.

The confusion arises when a Medicare beneficiary requests an "annual physical" instead of an "annual wellness visit." During a physical, a doctor may do other tests that are outside of an annual wellness visit, such as check vital signs, perform lung or abdominal exams, test your reflexes, or order urine and blood samples. These services are not offered for free and Medicare beneficiaries will have to pay co-pays and deductibles when they receive a physical. Kaiser Health News recently related the story of a Medicare recipient who had what she assumed was a free physical only to get a \$400 bill from her doctor's office.

Adding to the confusion is that when you first enroll, Medicare covers a "welcome to Medicare" visit with your doctor. To avoid co-pays and deductibles, you need to schedule it within the first 12 months of enrolling in Medicare Part B. The visit covers the same things as the annual wellness visit, but it also covers screenings and flu shots, a vision test, review of risk for depression, the option of creating advance directives, and a written plan, letting you know which screenings, shots, and other preventative services you should get.

To avoid receiving a bill for an annual visit, when you contact your doctor's office to schedule the appointment, be sure to request an "annual wellness visit" instead of asking for a "physical." The difference in wording can save you hundreds of dollars. In addition, some Medicare Advantage plans offer a free annual physical, so check with your plan if you are enrolled in one before scheduling.



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4-D-5-5

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15-0755



“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

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Sheriff's Choice
Best Patriotic Display
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for trophies

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Address: _____ City: _____

State & Zip: _____ Club: _____

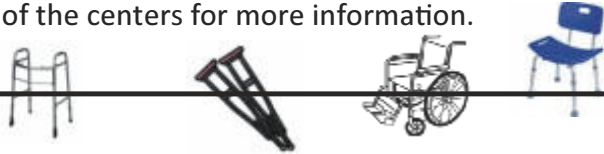
Year, Make & Model: _____

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



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.

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



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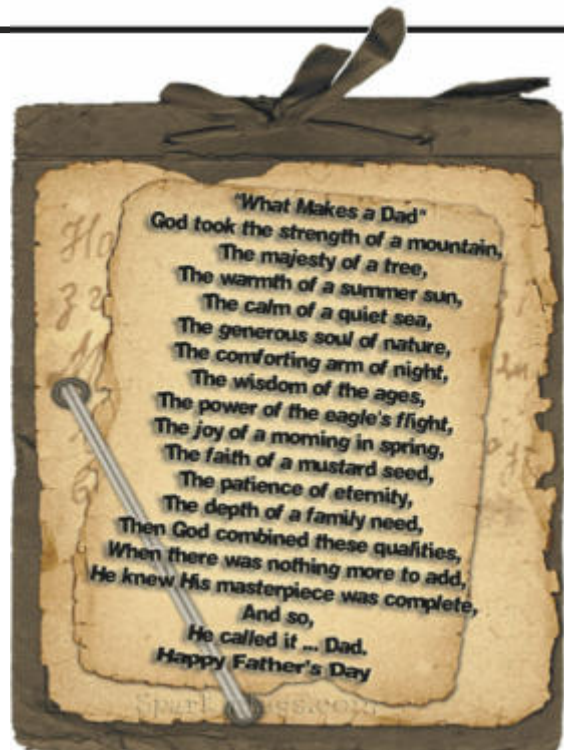
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AND THE WINNERS

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

Houghton Lake Agnes Harmon
Roscommon Sharon Serviss
St. Helen Irene Piper

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



Medical Tests for 60s and Up

Continued from pg 6

- **Protect your bones.** Osteoporosis is no joke. If you have it and you suffer a fracture especially of the hip, you have significantly increased your risk of permanent disability or death. Women should have a bone density test at age 65.
- **Cholesterol screening.** High cholesterol levels are a major reason why people have heart attacks and strokes. The good news, though, is that high cholesterol levels can be treated by diet and medications.
- **Vaccinations.** People older than age 65 should get a pneumococcal vaccine to protect against pneumonia. The CDC recommends the shingles vaccine for those over age 50, as well. Also, almost all adults should get an annual flu shot. A one-time diphtheria tetanus booster that also has pertussis vaccine (whooping cough) in it is recommended followed by diphtheria/tetanus booster every 10 years.
- **An aneurysm.** The USPSTF recommends on-time screening for abdominal aortic aneurysm (AAA) by ultra sound in men ages 65-75 who have never smoked.

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

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

Thank you for your continued support!



Telephone Reassurance

What is Telephone Reassurance?

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



Check Out Our Resources!

We have books that may be helpful. Stop by sometime to see what we have and maybe even take one home with you to read. The Health Resource Library is located at the Commission on Aging administrative office 1015 Short Dr, Prudenville. If you are interested in finding out more, contact Betty at 989.366.0205 or stop by to see our selection. The RCCOA also has health resource computers available at each of our three centers that can be used to research topics online. Our staff will be happy to assist you with finding useful information.

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



Houghton Lake Center News

Hello Everybody,

June is here! Along with the green grass, green trees and warm sunshine!

I have been getting out and enjoying a hike whenever I have a chance. Some hikes I recommend this time of year include Marl Lake by the Cut River outlet in Higgins Lake. Marl Lake has an excellent level walking path. Once you get your trail feet under you, take a friend and try the Lost Twin Lakes Trail off North Reserve Rd. This path is longer with some terrain changes to add a little challenge. If you are up for Lost Twin Lakes Path, it rewards you with some old growth forest and wooden bridges. A large portion of the path near the beginning overlooks a beautiful wetland area. If hiking just isn't your thing, check out some of the wonderful, affordable trips Debra schedules. There is something for everyone.



Wherever you go, try to get out and enjoy some of the healthy benefits of nature. Take the time to hear the sounds, experience the smells, feel the breezes and relax in the sunshine. Hiking is an activity proven to reduce stress and instill wellbeing. It is one of my favorite ways to put life's pressures aside for a few moments. The price is right too!

May was filled with quality presentations and exciting celebrations of Cinco de Mayo, Mother's Day and Kentucky Derby. Memorial Day events always hit home here at the center and this year was no exception. Thanks to all of you that came to honor our veterans and active duty soldiers. Any day set aside for our veterans' events always receives excellent support from our congregates.

Some of the informational presentations we have scheduled for June include a Medicare Subsidy segment on Saving Money, presented by our M.M.A.P. counselor Jan Williamson. Look for a presentation on Oral Care and Dental Hygiene from My Community Dental Clinic of Roscommon. Don't miss our Father's Day Celebration June 14th with a wonderful duet "Just the Two of Us" providing the music. Pantry Bingo is always fun especially with Kenda from The Brook hosting on June 20th. Check the newsletter for other events and happenings.

The RCCOA chore program has two hard working staff to assist our area seniors with simple home maintenance issues and lawn and yard clean up. Many of us are starting to get our yard work done and preparing to enjoy the summer. If the usual aches and pains are making it difficult for you, don't hesitate to call and ask for a little help. Call me with some details and I will do a request for you. If you already have a work order in, Ron and Charlie are diligently working through the stack, playing spring catch up like the rest of us. Give me a call with any concerns or questions and I will be happy to help.

See you soon,

Doug Ellsworth

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



DAILY ACTIVITIES

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

Roscommon Center News

Hi and welcome back. I would like to apologize that last month my newsletter article did not make it by press time.

Congrats to Houghton Lake on winning the Chili Cook Off. But...remember we will be back next year. Lol. Congrats go out to Sharon Serviss on winning Mr. P in May. All you have to do is read Mr. P's column, find the hidden items, then call me or tell me here at the center where they are, and you will be entered in the drawing.

A big thanks to St. Helen for having a few of our ladies over for their Cinco de Mayo party. They all expressed how wonderful they were treated and how much fun they had. Everyone from any center and the public is welcome to participate in the activities of any of our centers. What a fun way to meet new friends.

We had the best Mother's Day Tea. A round of applause for all who made it happen! The ladies in attendance had a great time. We had 3 moms that were over 90, Wanda, June, and Fredi. One mom, Bev, had 8 biological children. We were surprised by one of our own mom's, Pat. She had moved away and traveled two and a half hours to come be with us. She was the farthest away. Michelle and Jon, as always, made an excellent meal that was shared by the biggest crowd that we have had since I started 5 years ago. We were treated to special music by the singing duo of "The Two Of Us". I personally want to thank Peggy, who invited many of her friends (over 20). Also, Corrie, who is willing to do anything, made sure we had fun games for our ladies. Thank you to all that helped me make it a wonderful day. One cannot do a party like this without help.

Dad's day is coming up and I would love to see the dads out do the moms. Please look at the menu and invite a friend. For Father's Day the Gerrish Emergency staff is bringing an ambulance for us to check out after lunch. Also, please bring in separate pictures of you and your dad for us to do a matching game. Thursday, June 20th, Paramedic Kathy is going to do a presentation on C P R at 12:45 p.m.

The second Saturday is our monthly card party. Anyone may attend. It starts at 1:00 p.m. All we ask is that you bring a dish to pass for our potluck.

I have been asking if there are any subjects that you would like to have some presentations on. I have had a few responses and would love to hear from more of you.

Trivia. If you know the answer call the center and we will get you in the drawing for a gift card. Good luck! Their coloring and shape came from a banana. But due to a shortage of bananas at one time vanilla became their flavor of favor. Mixed with strawberries did them no favors. Their best life span is within 25 days. They got their name from a billboard advertisement. One of their ingredients is shared with rocket fuel, and another ingredient they share with various glues. Rumor has it that within 45 seconds one could explode in a microwave. At one time they could be produced at 1000 per minute totaling up to 500 million per year.

Smile,

Johnna Ancel

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



Daily Activities

Mon:	10:00 a.m. Walking Video 10:30 a.m. Arthritis Exercise 12:30 p.m. Cards, Pool
Tues:	10:00 a.m. Bountiful Bingo 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



Welcome back Snow Birds! We are glad to see you. I know you were glad you were gone for the challenging winter we experienced in Roscommon County.

May was a busy month with our Cinco de Mayo Party and Mother's Day Tea. Visitors came for our Cinco de Mayo Party and everyone had a good time. Prizes were awarded. Our Mother's Day Tea was well received. Everyone enjoyed the special effort from the volunteer ladies and our staff. Prizes for the best hat went to Kathy Jernigan and Jill Bean. Thanks to all who helped with the cleanup.

Our aerobic walkers are back, working hard in the mornings. 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. We now have about 4 people participating. Also, Bunco is also available at this time. Come, join us. The men are still looking for people to play pool at 10:30 on Thursday mornings. Our Chair Yoga class meets Tuesdays at 1:00 p.m. and Thursday at 10:00 a.m. This group is 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.

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

Don't spend those rainy, gloomy days at home by yourself! Come to the center for lunch, play bingo and/or participate in any of the activities going on that day. Or just sit and chat with others. And don't forget the COA trips.

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



DAILY ACTIVITIES

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

MONTHLY ACTIVITIES

5 11:15 a.m. Lighthouse of Roscommon B.P.C.
10 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
12 4:00 p.m. Brain Matters Support Group—Houghton Lake (pg 4)
14 10:00 a.m. Cancer Support Group—Houghton Lake (pg 4)
12:00 Noon **Father's Day Lunch**
19 1:00 p.m. RCCOA Board Meeting —Roscommon (pg 1)
21 11:30 a.m. Intelicare B.P.C.
22 11:15 a.m. Senior Advisory Meeting
24 1:00 p.m. Caregiver Support Group—Prudenville (pg 4)
27 12:00 Noon **Birthdays Party**

Monthly Center Activities — June

Houghton Lake

- 5 Medicare Subsidies and Saving Money with MMAP counselor Jan Williamson
- 10 1:00 p.m. Caregiver Support Group— Prudenville (pg 4)
- 11 10:00 a.m. Beginner Card Making (sign up at center)
- 12 11:30 a.m. Oral Care and Dental Hygiene with Monica from M.C.D.C. of Roscommon
4:30 p.m. Brain Matters Support Group— HL (pg 4)
- 14 10:00 a.m. Cancer Support Group—HL (pg 4)
11:00 a.m.-12:00 Noon **Father's Day** Celebration with music from "Just the Two of Us"
12:00 Noon **Father's Day Lunch**
- 17 11:00 a.m.-12:00 Noon Blood Pressure Clinic with Marie from Intellicare
- 19 10:30-11:30 a.m. Teatime with "Three Fires Tea" of Roscommon with Beth
1:00 p.m. RCCOA Board Meeting — Prudenville (pg 1)
- 20 1:00 p.m. Pantry Bingo with Kenda from The Brook
- 24 1:00 p.m. Caregiver Support Group— Prudenville (pg 4)
- 27 12:00 Noon **Birthday Celebration**

Roscommon

- 3 12:45 p.m. Senior Advisory Board Meeting
- 4 11:45 a.m. Blood Pressure Check by Marie from Intellicare
- 7 National Doughnut Day
Wear a fun hat today
- 10 1:00 p.m. Caregiver Support Group— Prudenville (pg 4)
- 12 4:30 p.m. Brain Matters Support Group— HL (pg 4)
- 14 10:00 a.m. Cancer Support Group—HL (pg 4)
12:00 Noon **Father's Day Lunch**
12:30 p.m. Ambulance Presentation by Higgins Township Emergency Services
- 19 1:00 p.m. RCCOA Board Meeting — Prudenville (pg 1)
- 20 12:45 p.m. CPR presentation with Paramedic Kathy
Ice Cream Sodas today!
- 24 1:00 p.m. Caregiver Support Group— Prudenville (pg 4)
- 25 11:45 p.m. Blood Pressure Check by *The Lighthouse of Roscommon*
- 27 12:00 Noon **Birthday Celebration**
- 28 Be COOL! Wear your shades (sunglasses)



Ida Perry, born 05/06/1918, celebrated her 101st birthday with her daughter Karen (on Ida's left) and her many friends at The Houghton Lake Center. Ida moved to Houghton Lake from Walled Lake Michigan in April of 2014 to be closer to family. Ida enjoys hanging out with her daughter Karen and bingo at the Houghton Lake Center. Her pleasant disposition and bright smile bring her a well deserved "celebrity status" of sorts.



**Immunization
Services
Available**
at Houghton Lake Center

Rite Aid offers a variety of immunization services. And they would like to make their services available to you. The immunizations they can do include but are not limited to:

- Pneumococcal 13 & 23 — 2 dose series
- Shingles (Shingrix) — 2 dose series
- T-dap
- Hepatitis A, 2 doses
- Measles Booster
- Others available upon request.

If you are interested, talk to Doug, Center Manager. He will take down the necessary information. Then Rite Aid will set up a clinic date for July at the Center.

Virtual Dementia Experience

Experience Dementia/Alzheimer's for 15 minutes in our Virtual Dementia Training. This unique tour simulates the effect of dementia, so you can gain valuable insight and a better understanding of people affected with this disease and their behaviors.

Free

Open to the Public

Wednesday, June 5, 2019

1:00 p.m.—3:00 p.m. by appointment

Family, caregivers, and professionals are encouraged to attend this eye-opening tour, which within 15 minutes may change your entire perception of Dementia and Alzheimer's.

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15-0755



**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

June 12 – Indigo Moon

June 19 – Allie & Jim

June 26 – Robertson Brother’s Band

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.



**SENIOR
PROJECT
FRESH
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COUPONS**

Are you over 60?

Do you qualify for the Bridge Card?

Food Stamp assistance?

MIC or TEFAP (commodities)?

If you answered yes to these questions, you may qualify for \$20.00 in coupons to be used for fresh Michigan fruits and vegetables at participating farmers markets. To find out, visit one of the farmers markets listed below:

Houghton Lake: Friday, June 21, 10:00 a.m.-2:00 p.m., located on M-55 in front of the Playhouse.

Roscommon: Saturday, June 22, 10:00 a.m.-2:00 p.m., located at the AuSable River Center (behind the BP gas station).

St. Helen: Saturday, June 22, 10:00 a.m.-2:00 p.m., located at 1709 N. St. Helen Rd (Faith Alive Church parking lot).

Questions, call 989.366.0205.



NIAGARA FALLS & TORONTO

2019

Incredible Price Includes:

- ❖ Motorcoach transportation
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- ❖ 8 meals: 4 breakfasts and 4 dinners
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- ❖ A visit to Casa Loma; Canada's most magnificent castle
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\$485*

5 DAYS

4 NIGHTS

Per person, double occupancy

(Mon—Fri)

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

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***Price per person, based on double occupancy.
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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**
- **1:30 — 3:30 p.m.**
- 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

JUNE 2019

Monday

Tuesday

Wednesday

Thursday

Friday



Suggested Donation

All Meals Served with Milk

60+ (or younger spouse): \$2.50

Menu Subject to Change

COA Trips

IRIS FARM Traverse City

Thursday, June 6

Leave: Houghton
Lake Center

10:15 a.m.



Return: 4:00 p.m.

Cost: \$22 per person Includes lunch, tour and transportation

The farm features six acres with over 1000 varieties of hybrid German Iris, with peak Iris bloom open house first two weeks of June. They also grow over 200 varieties of new hybrid daylilies and hybrid Asiatic lilies. Fresh bouquets are available for sale, and rhizomes and plants can be ordered for fall planting.

Casino Trip

Soaring Eagle Casino, Mt. Pleasant
Thursday, June 13, 2019

Leave: Houghton Lake Center
10:30 a.m.

Cost: \$25.00 per person

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



Join us for a shopping excursion to the new Aldi's store located in West Branch.

Thursday, June 27, 2019

Leave: Houghton Lake 11:15 a.m.

Return: 3:30 p.m.

Lunch: Roscommon, 12:00 Noon

Shopping: 1:00-2:30 p.m.

Cost: \$10 per person, includes lunch and transportation (Space is limited)

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.

Quality and Value since 1930

JIFFY mix

Tuesday, June 11, 2019

Chelsea, MI

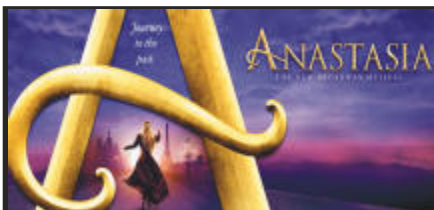
Leave: Houghton Lake Center
10:15 a.m.

Return: 5:30 p.m.

Cost: \$25.00 per person
Includes Tour, lunch and transportation



Chelsea Milling Company was established in 1901, as a traditional flour mill. By early 1930 we had expanded into the retail prepared baking mix market with our first "JIFFY" Mix product. Today, "JIFFY" is the market share leader in retail prepared muffin mixes. In addition to our retail products, we produce mixes for the Foodservice and Institutional markets.



Saturday
June 29, 2019

Broadway
Grand Rapids
Devos Center

Leave: Houghton Lake Center 10:30 a.m.
2:00 p.m. show

Cost: \$95.00 per person

Includes: Lunch, the show and transportation

A rumor is spreading across the land: the missing princess of the Romanov empire may still be alive. Then, a young woman appears with no name and no family, but with the drive to discover her destiny. Could she be the one they call Anastasia?

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